

iPulse

THE DAILY HEARTBEAT OF LYNN UNIVERSITY



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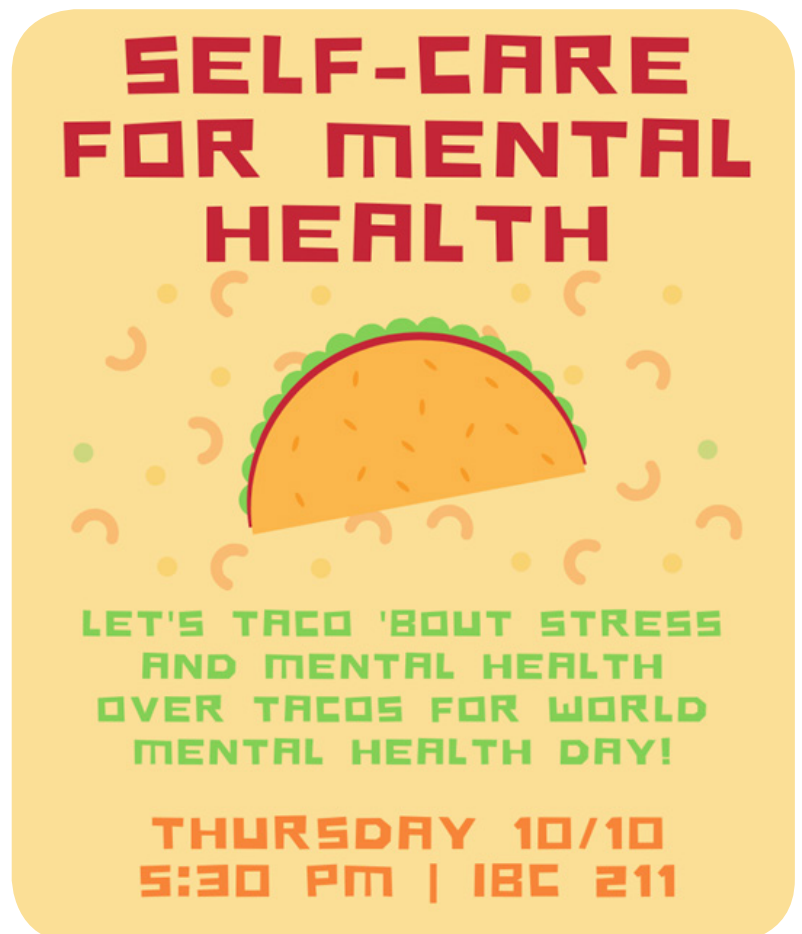
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Above: Join the Office of Student Wellness next Thursday for World Mental Health day. Photo/LU.

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Above: Free fitness classes at FlyWheel Boca Raton.
Photo/N. Sheaks.



Above: Meagan Paese, host of the radio show 'The History of Rock and Roll,' recently exceeded 5,000 listeners! To tune in, visit www.thehistoryofrockandroll.net. Photo/M. Paese.

THE POWER OF YOUTH

Over 4 Million People To Protest For A Better Climate

By HELEN TAMY KREUZER
Staff Writer

It is the largest demonstration in world history: millions of young people marched in the streets, held up signs, called for action and demanded a better future as part of a global climate strike on Friday, Sep. 20.

The global climate strike is a result of the student movement Fridays For Future. For the first time, students are not the only ones striking as they are joined by adults who skipped work to protest. Angry and disappointed in the lack of action to save our planet, protestors blame politicians for stealing their future.

"You had a future, and so should we," shouted demonstrators as they marched through the street. "We vote next."

Swedish teen activist Greta Thunberg, who just recently sailed to New York, is the face of this movement. The 16-year-old led the protests in New York City and is joined by over 250,000 protestors demanding climate action. In an emotional speech at Battery Park, Thunberg expressed her anger towards the empty promises made by world leaders and stresses the importance of the future.

"We have not taken to the streets sacrificing our education for the adults and politicians to take selfies with us and tell us that they really, really admire what we do. We are doing this to wake the leaders up. We are doing this to get them to act," said Thunberg. "We demand a safe future. Is that really too much to ask?"

While the Fridays for Future movement originally started in Europe, the global climate strike was joined by over 4 million protestors in 163 countries across all continents.

According to organizers, there were protests in all 50 United States – a clear call to action aimed at President Donald Trump. During his presidency, Trump has eliminated more than 80 environmental rules which causes the U.S. to produce more emissions per capita than any other country.

"Greta comes from a country where [they] are very aware of the environment," said Matilda Wahren, a Lynn senior from Sweden. "I believe Greta is doing an amazing job while taking responsibility and encouraging others to do the same thing."

Since the strike was scheduled ahead of the opening of the UN Climate Action Summit, world leaders can now prove whether or not they listened. While the ultimate goal is to limit global warming to 1.5 degrees Celsius, world leaders and their countries need to act now to save our planet.



Above: Greta Thunberg on her way to the Climate Action Summit.
Photo/@gretathunberg via Instagram.



Above: Climate activists hold up signs demanding action. Stock Photo.

TRUDEAU UNDER HOT WATER

Trudeau Apologizes for Blackface Makeup

By LUCIA DORLEY
Staff Writer

Recently, a photo surfaced of Canadian prime minister Justin Trudeau in blackface at West Point Grey Academy in 2001.

Before turning to politics, Trudeau worked as a teacher at West Point Grey Academy private school in British Columbia. The photo in question shows Trudeau wearing a turban and robe with dark makeup on his face and neck. When initially asked, Trudeau denied that he was the one in the yearbook photo, but he later admitted he was wearing blackface to portray the image of Michael Jackson at a dance party.

"I should have known better then, but I didn't, and I am deeply sorry for it," said Trudeau according to the Associated Press. "I'm going to ask Canadians to forgive me for what I

did. I shouldn't have done that. I take responsibility for it. It was a dumb thing to do."

"Blackface in the United States has a long history and necessarily connects back to that history in modern usage--not just the obvious injustices of slavery, but also the persistent systematic persecution of a people for over four hundred years in America through minstrel shows, Jim Crow segregation and even today. The racially diverse America has had to confront this history in a way that Canada previously had not. Countries without the same kind of overt persecution in their history often overlook the more subtle forms of racism like blackface until stories like this one bring that unarguably unacceptable behavior out into the public eye," said Eric Hamm, assistant professor for the College of Arts

and Sciences and Lynn's director of forensics.

Nelson Wiseman, political science professor at the University of Toronto, said "race and blackface play a much bigger role in the U.S. politics than in Canada."

Not only could this incident end Trudeau's political career in Canada, but he will also have to face other members of parliament after this insulting revelation. Only time will tell how severely this may impact Trudeau's career.



Above: Chrystia Freeland with Trudeau, pictured in the center, in Lima, Peru in 2018. Photo/Wikimedia Commons.

MORE ALIKE THAN DIFFERENT

Lynn Student Raises Awareness for PALS

By COLBY COPPOLA
Staff Writer

Avery Hibbs, a sophomore, focuses on volunteering with and bringing awareness to people with disabilities with inspiration from her older sister with down syndrome.

Hibbs has volunteered for five years at a non-profit organization called 'PALS'. This organization works with children with down syndrome, creates a more inclusive environment and shows that kids with disabilities are equal to those without. Hibbs plans on participating for many more years to come.

"I volunteer at 'PALS' because this holds a very special place in my heart," said Hibbs. "It fills me with joy to see how excited the kids at camp get when we do activities with them and are around them. It is truly warming to my heart, and I look forward to participating each summer."

Hibbs' older sister Alana is a huge role model in her life. Alana works at the Children's Hospital of Philadelphia and loves working with people. Everyone there treats her with the utmost respect and kindness, and Alana looks forward to going to work everyday for that reason.

"Alana is a big part of my life and she inspires me to be a better person," said Hibbs. "She never fails to amaze me each day."

People with disabilities have made great strides towards acceptance, but some ableist rhetoric and actions still exist. Awareness is still being brought to the fact that some people don't treat others with disabilities with kindness, and that is what Hibbs focuses on.

"My older sister has Down syndrome and is just as capable of doing things that people without disabilities can do," said Hibbs. "It upsets me that

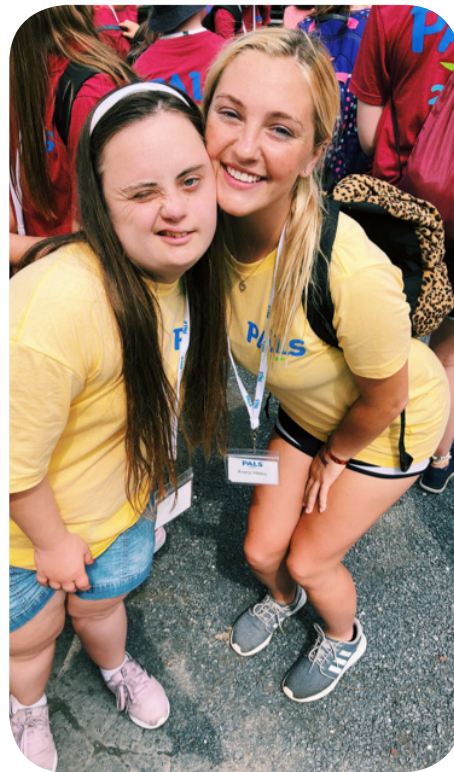
people can't see that and forget that [she is] human, just like people without disabilities."

Hibbs has created a positive outlook on life by participating in 'PALS.' Having a sister with down syndrome has helped her to realize that it is important to incorporate kindness towards others in her everyday routine. Keep in mind that every person is facing a battle that no one knows about, so always be polite and kind.

For more information on 'PALS,' please visit their website at <https://www.palsprograms.org>.



Above: Hibbs attending the week dance with a camper at 'PALS'. Photo/C. Coppola.



Above: Hibbs participating in the 2019 'PALS' camp. Photo/C. Coppola.



Above: Hibbs before a family wedding with sister Alana (left). Photo/C. Coppola.

JOIN THE FAIR TRADE TASK FORCE

Student Initiative Brings About Change at Lynn

By **FRANCESCA DE NES**
Assistant Editor

In 2018, Lynn became the 48th university in the United States to become Fair Trade, leading to the creation of a task force that actively supports social justice in the workplace by supporting food and products that were made with fair wages for producers and protection of the environment.

Fair trade is trade between companies in developed countries and producers in developing countries in which fair prices are paid to the producers. The Fair Trade Task Force began after Lynn alumni Rigo Beltran went abroad to Nicaragua to work at Vega Coffee, a Fair Trade certified company, and worked hard to successfully replace Starbucks with Vega Coffee at many locations on campus.

Arianna Spencer, a senior studying international business management with a double minor in political science and public relations, has taken on the responsibility of leading the task force this year.

Spencer is spearheading the initiative with the help of the Director of the Social Impact Lab, Jerry Hildebrand. They are focusing on planning many events by increasing the presence and awareness of Fair Trade among the university.

"Fair Trade at Lynn was never really called a task force but just a group of people working hard to spread the message of Fair Trade," said Spencer. "However, this year I spent time with Jerry Hildebrand in the Social Impact Lab to redesign what Fair Trade at Lynn would look like."

Spencer has always been interested in social impact, starting out participating in the Women's March in

Washington D.C. and the March for Our Lives in Parkland. This ignited her passion to start doing social impact work on campus.

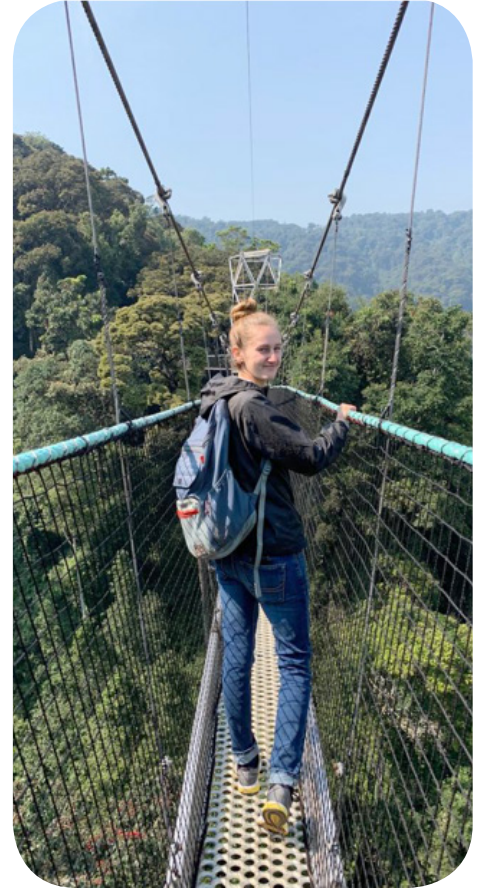
She joined the Ambassador Corps program and went to Rwanda to do an eight-week internship over the summer. This semester she is participating as a Millennium Fellow by creating a "Know-Your-Rights" clinic as well as focusing on expanding Fair Trade on campus.

"The task force is charged with making sure we fulfill the requirements set by our designation such as introducing new products on the campus, hosting different events and more," said Spencer. "With that, some things that the task force is also focused on is teaching students and faculty about the importance of Fair Trade through events and talks."

Anyone can join the the task force as long as they have a passion for social change and making a difference in their community.

"The task force is open to anyone willing to put in work and [who] cares about smart business," said Spencer.

To get involved with the task force, contact Hildebrand at ghildebrand@lynn.edu.



Above: Spencer in a Tree Top Canopy, Nyungwe Forest, Rwanda. Photo/A. Spencer.



Above: Spencer, Gabby Monahan and Megan Selfridge in the National Fair Trade Conference in Chicago, IL. Photo/A. Spencer.

LAUGHTER IS THE BEST MEDICINE

Lynn Welcomes Comedian Andrew Orolfo

By LOUIS EISENBERG
Head Web Coordinator

Andrew Orolfo, a stand-up comedian, came to Lynn University as part of a Student Activities Board event.

He was here for about an hour, and during that time he split up his act into two parts. In the first part of his act, he did what most comedians do which is warm up the crowd and get them engaged and energized. For the second part, he invited members of the audience onto the stage to ask him questions even though he said he may not have the answer.

The students called onto the stage could ask Orolfo questions about life or even about him in general. One student who got called onto the stage was a future comedian who was given the opportunity to do a stand-up act for roughly two minutes.



Above: Andrew Orolfo filling the room with laughter. Photo/L.Eisenberg.

Here are some attendees' thoughts on Orolfo's one-hour stand-up comedy act:



"I think he did an amazing job with connecting to the audience, and he made the show interactive in a fun way," said Seth Albert, sophomore.



"I feel like we can relate to him because he's around our age and he was accurate about what issues college students face," said Denise Colato, sophomore.



"He was funny with a very chill vibe," said Kristian Colato, sophomore.



"I really enjoyed his comedy show, he had a personal tone in his act that made it very enjoyable," said Harrison Albert, sophomore.



"He seemed like a really chill guy and he was pretty funny, and I'd like to see him at Lynn again soon. I also liked how he included the students into his act," said Amelia Lee, sophomore.



"I really liked it, I liked the way he performed his routine because it was not like other comedians, he was really respectful and didn't mention any controversial topics," said Esther Ortiz, sophomore.

LYNN FOR THE WIN

Debate Team Wins First Tournament of the Season

By MARISA McGRADY
Editor-in-Chief

On Saturday Sept. 28, the Lynn University speech and debate team hosted and won the first National Parliamentary Debate Association (NPDA) style tournament of the academic year in south Florida: the Lynn Gold Coast Debates.

Brendan Donahue, Lynn debate team treasurer, and his partner went undefeated for all 6 rounds of competition, including the semi-final and final rounds. Christopher Cohen, Lynn speech team captain, won the 4th place speaker award. Director of forensics and assistant director of forensics, Dr. Eric Hamm and Professor Kathryn Hamm respectively, organized and executed the tournament and welcomed teams from Southeastern University, University of South Florida-Saint Petersburg, Ave Maria University and Miami Dade College to Lynn's campus.

"It's awesome to be a part of the growing south Florida debate community," said Donahue, tournament champion. "Thanks to my partner for her support, thanks to Will [Conway] for helping prepare many of our key arguments, and thanks to the coaches and other debaters. This tournament wouldn't have been possible without them."

The NPDA is the largest intercollegiate debate organization in the country. NPDA-style debate places an affirmative team and a negating team, each with two members, against each other to either support or oppose a given resolution. Debaters do not know the resolutions before the tournament, and competitors only have fifteen minutes to prepare their cases after the tournament hosts reveal each round's resolution.

"It is always fun hosting a tournament and seeing all the competitors you have become friendly with," said Cohen,

senior. "Especially hosting the first tournament of the year in a debate circuit as small as south Florida, and seeing friends, such as Hunter Hickson [from Southeastern University], you haven't seen for a while. It is also highly encouraging and reassuring seeing so many novice debaters and know[ing] the future of south Florida debate is strong. Additionally, seeing the novices from the Lynn debate team come into their own and grow as debaters shows that Lynn can continue to be the top team in south Florida."

In addition to the support of the coaches, Conway, Lynn graduate and former debate team captain, and ten Lynn faculty judge volunteers helped support the tournament's success. Lynn students Hannah Valdes, Jordan Wingeier, Spencer Backman and Erin

Pyper all competed for the first time at this tournament, and Lynn volunteers such as Samantha Rodriguez, Danielle Smith and Javier Figueroa helped keep the tournament running smoothly and on-time.

"I am happy that I went to my first debate competition," said Pyper, freshman. "I wanted to break out of my shell as much as I can. I am grateful for having supportive teammates and coaches."

The debate team meets every Tuesday and Thursday at 5 p.m. in IBC 313. For more information about the team, contact the team's coaches or follow the team's Instagram:

Dr. Eric Hamm: rhamm@lynn.edu
Professor Kathryn Hamm: khamm@lynn.edu.

Instagram: @lynnudebate.



Above: Cohen accepting his 4th place speaker award. Photo/@lynnudebate via Instagram.



Above: Donahue and his partner won the Gold Coast Debates Tournament and took home 1st place speaker. Photo/K. Hamm.



Above: Donahue delivering his speech during the final round of competition while his partner flows the round to refute their opponent's arguments. Photo/S. Rodriguez.



Above: The debate team, coaches Kathryn and Eric Hamm, and former captain Conway smiling after a successful first tournament. Photo/K. Hamm.

PROPOSED PURCHASE OF BOCA OCEAN STRAND

Residents and City Officials Disagree Over Private Development

By HAYLEY WESTBROOK
Staff Writer

The Ocean Strand, a 15.5-acre plot of land traversing the North Ocean Boulevard, has gone untouched for almost 26 years. Now, developers from Compson Associates Inc. want to change that.

Robert Comparato, President of Boca Raton-based real estate development company Compson Associates, Inc., offered a \$67.5 million deal with the Boca Beach and Park District (BPD). The ticket item that Comparato is so eager to get his hands on is the Ocean Strand, a piece of natural landscape situated along the A1A.

"[The land] was purchased with taxpayer money, not for private development," said local resident Andrew Stekloff according to WPTV.

Comparato is looking to build villas, a

marina, an 11-story hotel and an equally large condo complex on the land. They have also attached strict stipulations to the contract they offered the BPD. If they are unable to build the desired 171 hotel rooms, 110 condos, 30 villas, and 35 boat slips, then they will depreciate the payment per amenity stripped from the contract by the value of \$125,000, \$580,000, \$118,000 and \$120,000 respectively.

"We have to know that the community agrees with it as well as the city," said BPD board Chairman Susan Vogelgesang as reported by Boca Magazine.

Comparato had plans to build a similar complex, but the city rejected the plans for environmental infringement. However, the money from this deal

would help to fund numerous projects including construction of the Boca National Golf Course and the expansion and renovation of Gumbo Limbo Nature Center and Spanish River Park.

"If this is something the city and residents desire, we will have a community discussion," said Commissioner Craig Ehrnst according to Boca Magazine. "From my perspective, Ocean Strand is a priceless property that needs to be open for public use."

The BPD and the city need more time to determine the best path forward. Until then, residents are encouraged to call in and voice their opinions on the matter at (561) 393-7700.



Above: Though construction on the Ocean Strand may bring about unwanted changes, it could also help support local businesses. Photo/Wikimedia Commons.

FREE FITNESS CLASSES

FLyWheel Boca Offers Free Classes on Tuesdays

By NICOLE SHEAKS
Staff Writer

Flywheel in Boca Raton is offering complimentary classes for students and teachers until the end of October.

The fitness studio offers three diverse classes for anyone to reach their fitness goals. FlyWheel, a high-intensity interval-based stadium cycling course, pushes the limits of physical endurance. Most participants average 20 miles for each ride.

"I love taking classes with my Fly friends and watching my performance improve each class. Being able to track my progress is amazing," said Margaret, client. "While I enjoy the slightly competitive nature of FlyWheel, I also like the concept of riding together as a team."

FlyFit (Functional Intense Training), a strength building class, includes heavy weights, intense drills and functional movements to strengthen the entire body and gain muscle. FlyBarre will give your body the ultimate burn. This class involves light weights and high reps to give you that sculpted body and tight core.

When asked about which class she prefers, student Anna Maldonado said: "It's hard to pick between FlyFit and FlyBarre, [they make] me feel strong and confident!"

The studio is staffed with well-rounded elite coaching, having instructors of many fitness backgrounds thus motivating you to be the best that you can be. Also, the instructors strive to make the best playlists to suit everyone's motivational sync.

"[My music taste is] extremely subjective, so I try to hit as many genres as possible to please the



Above: Instructor Lindsay Gurry showing off the FlyFit workout. Photo/N. Sheaks.

masses," said barre and cycle instructor Tara Palsha Moats. "My attempt is to put top 40 pop, classic rock, alternative rock, hip hop, Motown and Latin songs in every playlist."

The studio is equipped with a friendly staff that will gladly assist you setting up your bike, barre and fit equipment. People of all ages and physical fitness levels are welcomed to enter a class. The studio is a short distance from Lynn University, making it an accessible way to switch up your workout.

After a hard workout one can walk next door to Raw Juice for a replenisher. Take advantage of free classes every Tuesday from now until the end of October. Towels and shoes are provided.



Above: FlyWheel instructor, Sammi Stonish, welcoming guests to FlyWheel class. Photo/N. Sheaks.

BEACHED BARGE

Barge On Deerfield Beach Has Yet To Be Removed

By ETHAN POND
Contributing Writer

The barge that washed up on Florida's Deerfield Beach 20 yards from Pier 5 at the shoreline has yet to be removed by the proper authorities.

Parts of the barge could disintegrate under the weight of the people ignoring precautions and exploring the ship. Caution tape around the 44-ton barge instructs beach-goers and passers-by to stay away from the rusty ship, but some vacationers have elected to ignore the tape in order to climb on the barge and take photos.

"They don't have a plan to remove it. I don't know how long it'll be here, but it is a hazard if children play on it. It's dangerous for a number of reasons," said one of the beach's on-duty lifeguards. "The caution tape doesn't really stop them."

The construction and removal project began on Thursday Sept. 26 but will likely take a matter of weeks to complete. iPulse plans to follow this story closely in the upcoming weeks. Visit the iPulse website, www.lynnipulse.org, to check for further updates regarding the beached barge.



Above: The barge, with a yellow rope connected to it, was supposed to be pulled out of the water by the coast guard. That project has not yet been completed. It appears the lifeguard's statement contrasts that of the plan reported in the Sun Sentinel to remove the barge. Rocks were placed on the barge to keep it from lurching once more into the waves beneath it. It is propped up on the sand. Photo/E. Pond.



Above: The red flag indicates the danger of people climbing all over the barge, along with the caution tape and signs that read "Please keep away." Photo/E. Pond.



Above: This up-close shot of the barge shows a tire and what appears to be giant bag surrounding parts of the ship. The yellow ropes encapsulate the entirety of the thing, and what appears to be wooden slabs have been placed near the bow of the barge. Photo/E. Pond.

I AM A SURVIVOR OF BULLYING

Diamond Jone's Story

By DIAMOND JONES
Contributing Writer

This editorial article originally appeared in the South Florida Sun Sentinel on Oct. 3, 2019. The opinions expressed in this article reflect that of the author.

I am a bullying survivor here to tell my story. I am empowered. My journey is my testimony. I was bullied for many years about my body and my personality. It all started in fifth grade.

A boy walked up to me and said, "You need to lose about 10 pounds for someone to find you attractive."

I went home that day and cried my eyes out. I started to purge everything I ate. The bullying continued into eighth and ninth grades. My fellow peers would constantly

make fun of my butt and say "pancakes," "flapjacks" or just pure "flatness."

Ever since then, I wore a jacket around my waist so that I wouldn't get picked on. I can recall a time when I was invited to sit at the table with the "cool" kids. One of the guys came over to pull out the chair for me. Little did I know, that as I was getting ready to sit down, he would remove the chair. Everyone in the cafeteria laughed and I ran out crying. Ever since then, I didn't eat in the cafeteria; instead I ate in the bathroom.

Many people who know me were shocked to learn about my bullying experience. I always smiled and believed that everything would be OK. I am now using my voice to tell my story and inspire the world. I want you to know that you are not alone. Those bullies did not break me but instead helped me get to

where I am now.

October is National Bullying Prevention Month. I couldn't help but share my story with the world, because it matters. Bullying is not part of life, nor it is supposed to make you have thicker bones. I beg you not to be a bystander. Being a bystander is just as guilty as being a bully. There were times when I wish I would have caused harm to myself. I no longer wanted to be here on Earth. But here I am today sharing my journey with you. I am a senior in college, sharing my voice to everyone I encounter.

We are more than conquerors!

Visit StompOutBullying.org for information about anti-bullying activities taking place each week in October.



Above: Jones encourages others by sharing her story for National Bullying Prevention Month. Photo/D. Jones.

MEMORABLE MELODIES

The Conservatory of Music Celebrates Its 20th Anniversary

By ALEXANDRA ZAPATA
Head Graphic Designer

Alumni musicians recently performed during the third annual alumni concert in the Amarnick-Goldstein Concert Hall to celebrate the 20th anniversary of the Conservatory of Music.

Prior to being part of Lynn University, the conservatory was known as the Harid Conservatory, a school of dance and music. In 1999, Lynn officially adopted the Conservatory of Music. Today, the conservatory provides a high standard education to musically talented and motivated students.

In celebration of 20 years since Lynn University began housing the renowned music school, 22 alumni were invited to perform musical pieces by Wolfgang Amadeus Mozart, Joseph Jongen and Ludwig van Beethoven. For musicians that graduated between 2003 and 2019, performing once again in the Amarnick-Goldstein Concert Hall proved to be an emotional experience.

"It was a really good experience," said Carlos Felipe Vina, bassoonist. "I came here in 2007 as a performance practice student. It is a degree that doesn't require [you] to have English at all. [Back then] I was playing my bassoon without any understanding of what was happening around. But now playing here, seeing the dean and seeing the faculty is bringing back the memories from having arrived here in 2007 without knowing anything about the country and the school."

Vina arrived from Colombia in 2007 to obtain his master's degree in music performance. After graduating, he has dedicated his musical career to being an educator. Currently, he is the adjunct bassoon professor in Florida Atlantic University and Florida International University.

"It was a tremendous joy," said David Suarez, flutist. "The Conservatory was very special to my development as a musician. In the conservatory, the commitment to international students is very big. We don't always get a chance to go beyond our borders and really get a chance to experience and share and make music with people from countries that you just don't get a chance to meet every day. That was one of the big things while studying here."

Since graduating in 2008, Suarez has dedicated his time to being principal flutist in the Palm Beach Atlantic Symphony and being Director of Instrumental Studies at Lake Worth Middle School.

To aid students in their musical development, Suarez created the "Warrior Flute Project" to provide free

resources for young musicians with low incomes that do not have access to private lessons.

"The Warrior Flute project is an online forum where flute players can exchange and explore different flute topics," said Suarez. "Sometimes it's a scale. Sometimes it's learning how to do long tones. Sometimes it's talking about adjusting your flute properly so you have a better tone."

"From the Studio of Lisa Leonard: a Musical Time Capsule" will take place on Sunday, Nov. 3 at 4 p.m. and a "Faculty Concert" will take place on Friday, Nov. 17 at 4 p.m., both taking place in the Amarnick-Goldstein Concert Hall.



Above: Alumni musicians Valentin Mansurov (violin), Marina Lenau (violin), Felicia Besan (viola) and Aziz Sapaev (cello) performed *Allegro Violente ed Agitato* by Alberto Ginastera. Photo/A. Zapata.



Above: Alumni musicians Carlos Felipe Vina (bassoon) and David Suarez (flute) shared their thoughts on performing in the Amarnick-Goldstein Concert Hall once again. Photo/A. Zapata.



Above: Alumni musicians Mario Zeleza (violin), Roberto Henriquez (viola), Carina Inoue (piano), Olga Konovalova (piano), David Suarez (flute), Stojko Miserliovski (clarinet), Marco Key-Navarrete (oboe), Carlos Felipe Vina (bassoon), Sharon Janezic (french horn) and Guzali Ismetdinova (piano) performed pieces from composers Joseph Jongen, Sergei Rachmaninoff and Francis Poulenc. Photo/A. Zapata.

MARK SPARACIO

Comic Book Artist



WEDNESDAY OCTOBER 23

5PM - 8PM

AMARNICK-GOLDSTEIN CONCERT HALL

HE SAID, SHE SAID

The Unassigned 'Assigned' Rules of the Classroom

By JAYLA HALL
Managing Editor

iPulse asked 5 students what they thought were the unspoken yet universally understood 'rules' of the classroom. These were the students' responses:

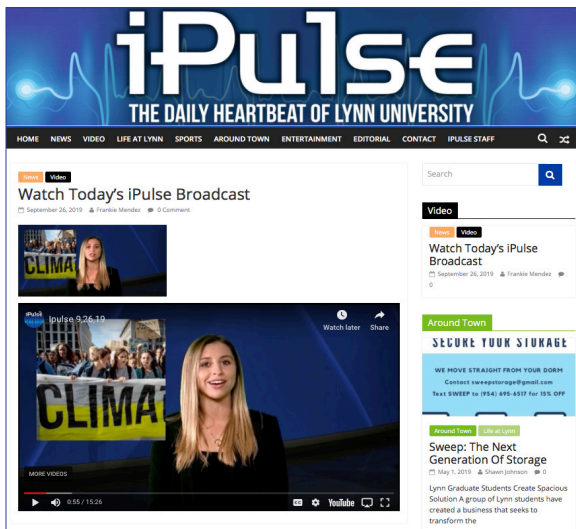
"When there [are] five minutes left of class, don't ask questions," said Tedric Phillips, sophomore.

"If you're tall, sit in the last two rows," said Jonhansen Morales, junior.

"If you sit at the end of the row, sit with your chair close to the table so you don't block the walkway," said Frantz Balen, sophomore.

"Where you sit the first day of class is your unofficial, official assigned seat for the remainder of the semester," said Danelle Adams, senior.

"The one-seat-over rule. If the class isn't full, sit one seat over from another student," said Crystal Grady, senior.



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Above: Women packing coffee at Vega Coffee, a fair trade company that works with Lynn. Photo/S.Meza.

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Above: Students checking in for Inflatable palooza.
Photo/M. Acosta



Above: Trivia Knight is located on the second floor of the University Center in Christine's every Thursday evening. Photo/P. Berton.

ALBERT MAKES HIS MARK

Sophomore Gets Involved in Community

By CLAIRE McCABE
Advertising Manager

Seth Albert, a native Floridian from Marjory Stoneman Douglas High School majoring in hospitality, has taken every opportunity available to him at Lynn.

"I understand that the time I spend in college is very valuable, so I am trying to make the most out of my college experience," said Albert. "Also, I am in the 3.0 program, so my time at Lynn will be cut short."

Albert participates in a wide range of programs and clubs. Albert is the student activities board director, a part of the Knights of the Roundtable, a member of Psi Chi, an admissions ambassador, a member of Project Civitas, a member of the Lynn Leadership Institute and a peer leader. During welcome weekend in August, Albert's key piece of advice to his mentees was to take risks.

"[Don't] be shy. Get out there!" said Albert. "I told them that college is the best time to just be yourself, find yourself, and become the person you were always meant to be."

As the student activities board director, Albert aims to enhance the student experience in the best way possible. He ensures the student body is entertained and has many events to attend. Furthermore, this position has given him the opportunity to contribute to the Knights of the Roundtable, Lynn's student government.

"As far as my role on KOR goes, I am eager to give the students a voice [to express] the changes they want to see on campus," said Albert.

Recently, Albert was offered an internship with the Disney College Program.

"I am most excited to gain experience working for the most successful entertainment company in the world while making new friends and connections in my program," said Albert. "Although I will really miss all my friends at Lynn, it will be a once in a lifetime experience."

Albert feels at home at Lynn because of the tight-knit community and the presence of his brother and sister on-campus. Additionally, Albert's mother Rita, a nurse at Lynn's health center, is only a short walk away.

With only being a sophomore, Albert's contributions to the Lynn community are truly impressive.



Above: Albert's headshot for KOR. Photo/LU.



Above: Peer Leaders Albert and Jake Moll welcoming freshmen during the beginning of the semester. Photo/S. Albert.

2020 PRESIDENTIAL CAMPAIGN HACK

Iran Government-Linked Hacker Targets Campaign

By CHRISTOPHER HIGHTOWER
Staff Writer

On Friday Oct. 4, Microsoft disclosed details regarding a hacker linked to the Iran government whom attempted to target email addresses belonging to a 2020 U.S. presidential campaign online.

The company revealed that the hacker made over 2,700 attempts to gain access to the emails of a 2020 U.S. presidential campaign, government officials, journalists and prominent Iranians living abroad. The information also stated that only four accounts were breached by the hacking group it calls "Phosphorus."

"Microsoft has notified the customers related to these investigations and threats and has worked as requested with those whose accounts were compromised to secure them," said Tom Burt, Microsoft vice president for customer security and trust, in a blog post.

Microsoft confirmed that the four compromised emails did not belong

to any accounts associated with a presidential campaign or current U.S. government officials. A spokesman for the company declined to identify which campaigns or individuals Phosphorous targeted. The Iranian hackers sought access to a secondary email tied to the target's Microsoft account, which they could use to prompt a password reset and break in, the company said.

"While the attacks we're disclosing today were not technically sophisticated, they attempted to use a significant amount of personal information both to identify the accounts belonging to their intended targets and in a few cases to attempt attacks," Burt wrote in the same post.

A campaign spokesman for President Donald Trump's reelection campaign comment on whether it was targeted in the newly revealed Iran-linked attack.

"We never comment on cybersecurity," said Tim Murtaugh, a Trump campaign spokesman.

Campaign officials on former Vice President Joe Biden's and Sen. Bernie

Sanders' teams declined to comment, citing policies of not discussing security matters.

Ian Sams, a spokesman for the campaign of Democratic White House Kamala Harris, said the campaign has received "no indication that our campaign is the one Microsoft referenced or that we have been targeted by this attack. We have taken appropriate steps since the beginning of our campaign to protect ourselves against hacking attempts and will continue to do so."

US politicians are a prime target for cyberattacks as the 2020 presidential election approaches. Microsoft said they decided to publicize the hack because they felt it's increasingly important for the government and private sector to be transparent about nation-state attacks and attempts to disrupt democratic processes. They followed by adding that publishing the information would help other organization's associated with election processes to be more attentive.



Microsoft

Above: Microsoft stated that only four accounts were successfully hacked by the hacking group Phosphorus. Photo/James Martin via CNET.

DELRAY'S NEW GLUTEN-FREE RESTAURANT

RIPE Offers Healthy Food for Everyone

By HAYLEY WESTBROOK
Staff Writer

Balancing quick, tasty and healthy food can prove difficult, but RIPE, sister restaurant of Fit Foodz Café, is here to change that.

Sept. 30 marked the opening of West Delray's newest fast-casual restaurant, RIPE. Located on 15084 Lyons Road, RIPE and its extensive 100% gluten-free menu offers something for everyone. The menu provides options for several diets including vegan, vegetarian, paleo, keto and nut and dairy free options.

"RIPE is the ultimate representation of the philosophy that people shouldn't have to sacrifice the foods they love just to feel and look their best," said Michelle Soudry, PR visionary and CEO of The Gab Group, according to a press release.

Susan Klein's personal experience with food lead her to become the visionary behind RIPE. Weight-gain

caused by 20 years of managing Italian restaurants guided Klein towards a healthier eating journey of her own. This resulted Klein losing 50 pounds in a healthy, safe way, which she attributes to her gluten-free diet.

"By eating this way, I tended to naturally stay away from processed, packaged foods, instead reaching for fresh and healthy alternatives like more fruits and vegetables, legumes and lean meats, which tend to be lower in overall calories," said Klein in a Sun Sentinel article.

Sticky rice bun burgers, cauliflower crust pizzettes and avocado gelato are just some of the many tasty items available.

"Food is delicious, great staff and last but not least professional and awesome ownership! You are missing out if you have not been," said Randy S., one of many happy customers, in an online review.

RIPE is also looking for potential hires. If interested, please call (561) 451-1420 or stop by the restaurant to apply.



Above: Owner, Susan, welcoming customers on RIPE's opening day. Photo/@ripedelray via Instagram.



Above: RIPE's modern storefront intrigues new customers. Photo/@ripedelray via Instagram.



Above: RIPE's vegan, gluten-free Yum Yum burger and fries. Photo/@ripedelray via Instagram.

ONE IN SEVEN THOUSAND

Using Your Passion To Help The World

By MICHELLE ABINAZAR
Staff Writer

Sherianne Pilarte, a sophomore at Lynn, is part of the Millennium Fellowship, an organization that develops projects to support sustainability in different regions, but she focuses on fashion up-cycling. Only 6% of all 7,000 Millennium Fellowship applicants were accepted.

Fashion up-cycling uses old or sometimes damaged fabrics to create an entirely new piece of clothing. These pieces are also made by adding other garments, like plastic and recyclable items, to the piece's design and composition.

"This organization helps people get involved in whatever they believe in and they're passionate about," said Pilarte. "I like fashion, and I never thought I could include fashion in sustainability."

Pilarte is a co-campus director of the organization, and she works with FDLA (Fashion Designers of Latin America) during important fashion events such as New York Fashion Week and Miami Art Basel. With this organization, they present the designer of the clothing

pieces, and they also produce the fashion shows.

"Letting people develop projects based on what they like is definitely the most important thing about this organization," said Pilarte.

15 Millennium Fellowship students represented Lynn at the United Nations Academic Impact and MCN (Multi Channel Network Organization). 160 countries were involved with these events, and the students keep in touch with all of the different campuses involved in this organizations around the world. They can team up with other students within this organization internationally to work on their projects.

"One cool thing about this organization is that if I want to work with someone, let's say from Kenya, who is working on fashion up-cycling like me, I can pair up with them, and [we can] work on a project together," said Pilarte.

This organization is truly incredible, not only because it is very limited as to who can join, but also because they focus on making the world a better place. Pilarte is changing the world one fashion piece at a time through her sustainable up-cycling efforts.



Above: A fashion show designed by Keyther Estevez, who inspires Sherianne for her project. Photo/K.Estev.



Millennium Fellowship

Above: Out of the 7,000 applicants for the Millennium Fellowship program, Pilarte was one of only 420 applicants to be accepted. Photo/S. Pilarte.

BOUNCING OFF THE WALLS

Inflatapalooza Comes to Lynn

By MARIA PAULA ACOSTA BELLO
Assistant Editor

The Lynn University student body bounced as if there was no tomorrow during SAB's Inflatable palooza event on Saturday, Sept. 28th.

Christine's park, the field to the left of the cafeteria, was filled with inflatable games as part of the event hosted by the student activities board (SAB). The event lasted from 4 to 8 p.m., and students enjoyed five different types of inflatables. The available inflatables ranged from Slam Jam, a basketball game, to Lagoon of Doom, a balancing and strategy game, to Battle Axes, a fun-filled duel.

"Last year we got a lot of feedback when the center of student involvement, CSI, put on Winter Fest

and Spring Fest and all the inflatables came, so we decided to do an event outside of those," said Seth Albert, sophomore and director of SAB.

SAB is the primary provider of activities on campus aside from the CSI itself. SAB is all volunteer based. Students on campus come work the events and find ideas for activities to put around campus.

"If students have ideas for activities, come to [SAB], and we can make it happen," emphasized Albert.

Everyone was having a blast at the event. Students were all smiles, and it was contagious. Overall, the event was a success, and SAB should definitely repeat it in the future.

"The atmosphere is great at Christine's park," said Jose Luis, junior. "I hope they do it again."



Above: Student flipping with joy.
Photo/M. Acosta



Above: Freshmen Bella Bourger, Kayla McOwen, Shasta Swihart, and Trevor Greene having fun at the Inflatapalooza
Photo/M. Acosta



Above: Morgan Schneider and Emily Harris trying the Lagoon of Doom. Photo/M. Acosta

WORLD ATHLETICS CHAMPIONSHIPS 2019

Sports History Or A Disaster?

By HELEN TAMY KREUZER
Staff Writer

While female sprinters impress as athletes and moms, organizers of the World Athletics Championships are heavily criticized for the circumstances of competition.

Only seconds after crossing the finishing line and winning the women's 100 meters, Jamaican sprinter Shelly-Ann Fraser-Pryce is joined by her two-year-old son for her victory lap - a picture that goes around the world and stands for female empowerment. The now fastest woman on the planet has worked her way back to the track after giving birth to her son running a season-best 10.71 seconds to grab the gold medal.

Even more impressive is the victory of new mom Allyson Felix, who gave birth to her daughter only 10 months prior to competition. The American does not only take home the gold medal in the mixed relay but also surpasses Usain Bolt setting a record-high of 12 gold medals at Worlds.

"I'm 32, I'm a mum and here I am breaking barriers," says Fraser-Pryce. "A victory for motherhood."

While individual athletes are making sports history, the overall organization of the events gets heavily criticized. Due to brutal conditions of heat and humidity, outside events like marathons and walking competitions are held in the middle of the night. However, only 40 out of 68 competitors finished the women's marathon, several had to visit the medical center afterwards. In addition, barely any spectators came out to watch runner Ruth Chepngetich win the first event of the championship.

"The humidity kills you," says 5th-place finisher Volha Mazuronak. "There is nothing to breathe. I thought I wouldn't finish. It's disrespect towards the athletes."

Apart from empty stadiums and critical conditions, the organizers also installed new cameras in the start block of the sprinters that are supposed to deliver a better angle of the start. However, the athletes have to step over the camera to get into the block - an issue that makes athletes feel uncomfortable as their running attire is very short already and they are being filmed from intimate angles.

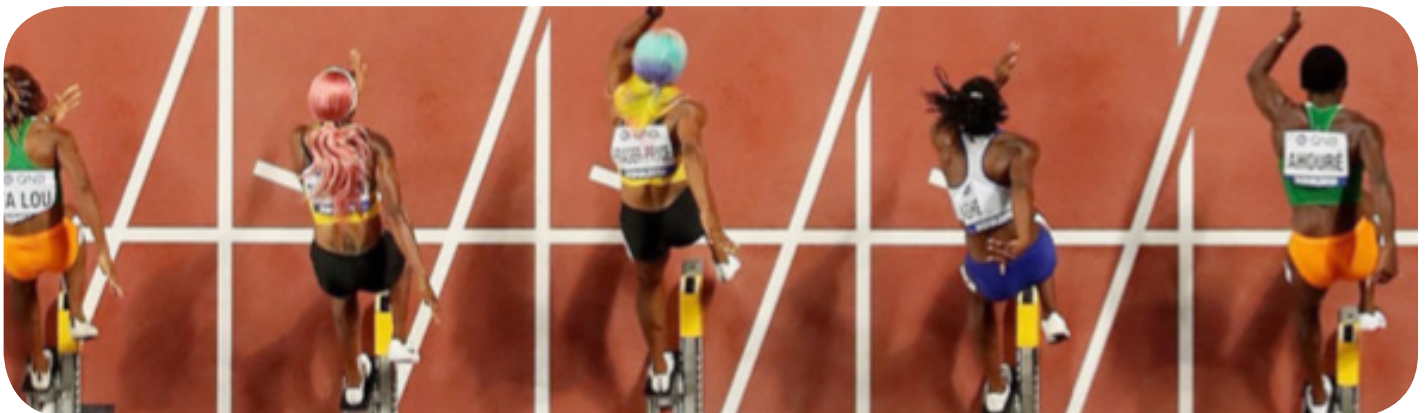
"Was there a woman involved in developing this camera? I don't think so,"

says sprinter Gina Lückenkemper.

The World Athletics Championships will finish on Sunday, Oct. 6, with the final in long jump, 100 meters hurdles, and the race over 1500 meters. The following days will show whether the event will be one to remember for its female empowerment, or for being a disaster.



Above: Fraser-Pryce and her son celebrating the gold medal. Photo/ @iaaf_athletics via Instagram.



Above: The yellow boxes are cameras that film the sprinter's start out of the block from potentially invasive angles. Photo/@iaaf_athletics via Instagram.

MAKING SOCIAL CHANGE AT HOME

Colombian Student Gives Back to Home Country

By **FRANCESCA DE NES**
Assistant Editor

Sophie Meza, a senior student from Bogota, Colombia and avid coffee drinker, spent her summer working for Vega Coffee, the fair-trade coffee company that sponsors Lynn's cafeteria.

Meza was accepted into the Ambassador Corps program and traveled to Colombia to intern for Vega Coffee. Vega Coffee, a startup business based in Nicaragua and Colombia, replaced Starbucks in the cafeteria after alumnus Rigo Beltran interned in Nicaragua and pushed for Lynn to become fair-trade. Vega Coffee aims to disrupt the traditional coffee supply chain by connecting customers directly to smallholder farming communities and partnering with them to roast their own coffee.

"I think it was a win-win for me. I had the possibility to go back to my home country, spend time with my family and people around, but at the same time, get to know more about the company's social side in Colombia," said Meza. "I was able to understand another part of my country and their meaningful side that a lot of people do not see."

Vega opens coffee roasters in Latin American communities that are accessible to smallholder farmers. Vega's equipment is the same high-caliber equipment found in the United States. Vega works to educate women farmers about all stages of coffee processing including cupping, roasting, packaging and order fulfillment – making them "seed to cup" coffee professionals.

After this, Vega delivers their roasted coffee at origin directly to customers in the United States by cutting out the middlemen. This way, Vega can pay up to four times the standard price per pound, giving their employees and farmers much more than the fair-trade

certification requires.

"What resonated with me the most was working with the women at the plant in Popayan," said Meza. "I think I haven't had any life changing experience before like this one. Their feelings and views towards life are simply incredible. I feel that they are so amazing, and it has been because of what each of them have gone through. I thought I had accomplished something in life, but after meeting them, I realized I have done nothing in life."

Vega's social mission is to fight unbalanced and unfair pay,

insufficient and outdated supply chain, unsustainable coffee creation and consumption, gender inequality and ecological impacts.

"Lynn students should be happy they are drinking Vega because they are supporting a company that has changed women's lives in a 360 way after they arrive at Vega because of their amazing corporate social responsibility policies," said Meza. "They are breaking the traditional coffee supply chain and have proved it possible to cut the middleman out and give more money to the farmers."



Above: Local women packing fair-trade coffee to be shipped overseas to clients. Photo/S.Meza.



Above: : Women measuring coffee at Vega. Photo/S. Meza.



Above: Woman laughing while packaging coffee at Vega. Photo/S. Meza.



Above: Meza enjoyed working with local women Roasters at Vega in her home country of Columbia. Photo/S. Meza.

THURSDAYS ARE FOR TRIVIA

Trivia Knight Thursdays Offers \$20 Gift Card

By MARIA PAULA ACOSTA BELLO
Assistant Editor

Come and enjoy an evening full of questions and laughter at trivia knight Thursday from 7 – 9 p.m. in Christine's and compete against your peers for a \$20 gift card.

Trivia is hosted every Thursday throughout the fall and spring semesters by the Center of Student Involvement (CSI). Normally, the CSI doesn't host trivia knight Thursdays during J-term, but if enough students express interest exceptions can be made. The night's 1st place winner receives a \$20 gift card to Christine's, and the 2nd place winner receives a \$5 gift card to Christine's.

Trivia knight Thursdays fosters a welcoming and exciting environment. Everyone there wants to have fun and win, and you can feel the competitiveness in the air.

"We come every Thursday," said Taryn Super, sophomore.

Super and her friend Jayden Reece have attended almost every trivia knight Thursday since arriving at Lynn. They have yet to win, but they are not giving up.

Students can compete individually or in groups of up to six. Players go through eight rounds of trivia, each with distinct topics, and earn two points for every correct answer. The subject of the rounds varies from week to week, but some of the topics previously used are current events, TV-hall of fame, city skylines and mythical languages.

During the final round, you can wager up to 20 points. However, all your questions responses must be correct, or the amount wagered will be

subtracted from your overall score. At the end of the night, most players leave smiling and already eagerly awaiting the next week's trivia.

"I will be returning, and I will be winning next week," said Patrick Berton, senior, after falling short of the big \$20 prize.

"There is always next time," said

the host Xavia Williams, sophomore. Last week's winning team E.U. team, made up of Kyra Lise Soulière, Rafael Chevez, Aurora Zohovetz, described their victory as very rewarding, like an adrenaline rush.

Trivia knight Thursdays occurs weekly from 7 – 9 p.m. on Thursday in Christine's.



Above: Students having a good time at Trivia Knight. Photo/@lynn_studentaffairs via Instagram.

HURRICANE DORIAN HAUNTS BAHAMAS

Hundreds of People Still Missing in the Bahamas

By DANIEL VARON
Staff Writer

It has been an entire month since the disaster that was Hurricane Dorian hit the Bahamas.

Hurricane Dorian astonishingly stalled over the Bahamas for over 20 hours, with gusts of winds reaching up to 220 miles-per-hour. The storm caused immense amounts of damage to the islands, and they are all still trying to recover. As of Sept. 30, officials say that there are about 600 people still missing.

After the storm passed, three out of every four homes were reportedly underwater. As of Sept. 30, the official death toll is 56 people. The Bahamian

government initially reported about 1,300 people missing, but that number has dropped to 600.

After Dorian made landfall, thousands of homes were left with no running water or power. The destruction has been compared to a war zone. Hubert Minnis, the Bahamian Prime Minister, said that the number of missing people has dropped in the past few weeks, but the death toll has also increased with it, and he fears that the death toll will rise even more in coming weeks.

After Dorian made landfall, thousands of homes were left with no running water or power. The destruction has been compared to a war zone. Hubert Minnis, the Bahamian

Prime Minister, said that the number of missing people has dropped in the past few weeks, but the death toll has also increased with it, and he fears that the death toll will rise even more in coming weeks.

A United States medic team deployed to the islands said they could even smell the destruction and "carnage" as they drove through the wreckage on an aid trip. They believe some bodies may be trapped under huge piles of rubble and debris, but, unfortunately, some bodies may have washed away during the storm surge. The Bahamian government announced that they will be hiring companies to execute extensive removals of the debris.



Above: Hurricane Dorian stalled over the Bahamas several times as the category 5 storm made its way North. Photo/Wikipedia Commons.

LIVING A VIBRANT FIT LIFESTYLE

Learn What it Means to Live a Vibrant Life with Lynn Alum

By KELLY MARMO
Staff Writer

Lynn alum Megan Weinraub graduated from Lynn in 2016 and just two years later moved to California and created Vibrant Fit, a workout program offered both online and in person for people looking to live "Vibrant Lives".

Shortly after college, Weinraub moved to Boston and worked at Equinox as a personal trainer and certified nutritionist. Weinraub is originally from Mahwah, New Jersey. Weinraub majored in Graphic Design at Lynn and always had a dream to start her own business.

With her background in personal fitness, Weinraub wanted to create a company that looked at all aspects of a healthy lifestyle. Vibrant Fit started in May of 2018 and since has continued to positively influence many people.

"I started Vibrant Fit so people could live vibrant lives," said Weinraub.

"Once you start taking care of yourself you can really shock yourself and realize how you weren't getting the right nutrients before, didn't have a lot of energy, and had to resort to drinking caffeine."

Weinraub and co-founder Matthew Scott continue to go above and beyond for their clients by helping them reach their fitness goals as well as feel better inside and out. Weinraub focuses on what is done inside the gym as well as outside the gym, helping clients to create a positive mindset and take care of their physical and mental health.

"We offer online and in person personal training, nutrition guides and meal plans, as well as teach you how to train your mindset into having a positive one to reach your goals," said Weinraub. "We have weekly check ins and give our clients journal prompts, yoga and meditation guides."

With this, Vibrant Fit offers apparel including women's and men's clothing and workout materials like resistance

bands. Vibrant Fit is more than just a workout routine, it is a lifestyle brand and a movement for like-minded people.

"To anyone looking to create a Vibrant Fit lifestyle for themselves, set positive intentions, write 3 things you are grateful for everyday and start your journey today," said Weinraub. "Set a goal and start becoming aware of what you put into your body."

Weinraub encourages her clients and the public through media outlets everyday to train, grow, and evolve. To join the movement to live vibrant, go to www.vibrantfit.com, their Instagram @Vibrant_fit or Weinraub's Instagram @megankrystleweinraub.

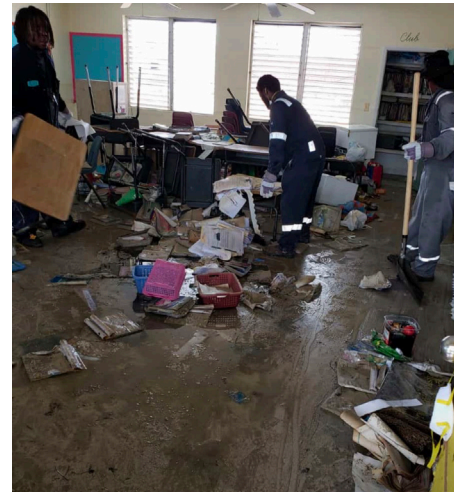
"The goal is to help people shine their light and love to take care of their bodies," said Weinraub. "Learn to know what you are putting into your body and workout for the right reasons, then you will begin to love and appreciate your body and your mind."



Above: Megan Weinraub alongside co-founder of Vibrant Fit, Matthew Scott. Photo/@vibrant_fit via Instagram.



Above: Megan Weinraub, co-founder of Vibrant Fit wearing the Vibrant Fit crop top. Photo/@vibrant_fit via instagram.

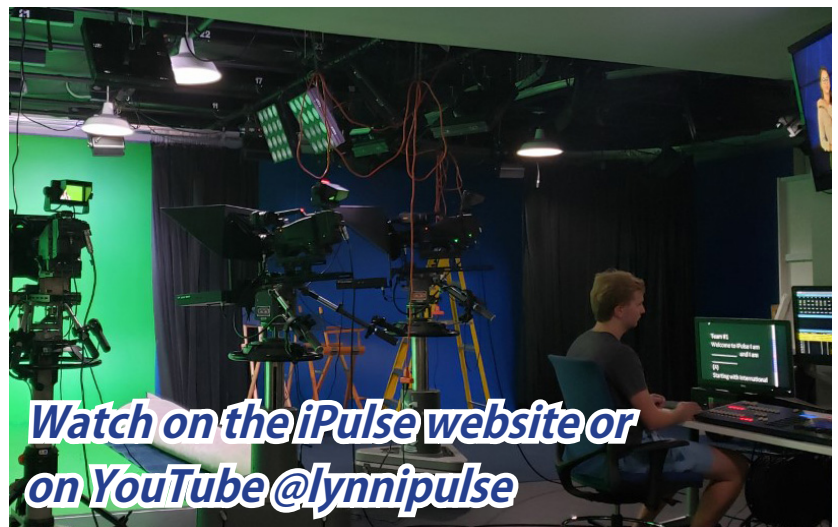
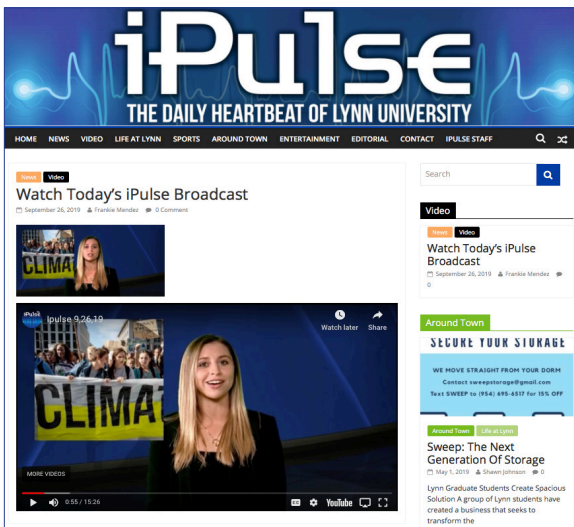


Kappa Delta Pi Bahamas School Supply Drive



KDP Bahamas Supply Drive Please send Donations to the Ross College of Education Office

KDP is collecting donations for two schools in the Bahamas. There is a bin in the Ross College of Education Office located in the Green Center. We are collecting school supplies for two schools in the Bahamas called Every Child Counts which is a special needs school in Abacoa and a primary school called Hugh W Campbell School in Grand Bahama Island. Both schools got destroyed in the Hurricane Dorian. All donations are greatly appreciated. We are collecting donations until November 22nd, 2019.



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THE DAILY HEARTBEAT OF LYNN UNIVERSITY

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Above: Congratulations to the men's golf team for taking sixth at the Copperhead Championship! Photo/@lynn_knights via Instagram.

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Above: Lynn recently welcomed parents, siblings and other relatives to campus for Parents and Families Weekend. Photo/LU.

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Above: The Lynn drama department recently produced *Thoroughly Modern Millie*, a musical about moving to New York in search of a new life. Photo/LU.

CALLING ALL WRITERS

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How To Evaluate Political Polls In America

By SPENCER BACKMAN
Contributing Writer

Political headlines on broadcast news stations often confirm or deny certain representatives' popularity in polls, but what exactly does poll popularity mean? How should a conscious citizen analyze political polls to gain the most accurate information for that election cycle?

Political polling occurs when an organization asks a sample of Americans a variety of questions related to political candidates, current office holders, policies and other components of the democratic process and discloses the samples' responses. Polls can be conducted via phone calls or on-line questionnaires. Because so many different polls exist with varying levels of reliability, here are 3 good tricks to quickly and easily test the reliability of a political poll:

First, evaluate what kind of respondents the poll used. Respondents, people who are polled, are generally broken down into 3 categories based on how likely it is that they will vote: Likely Voters (LV), Registered Voters (RV), Voters (V) and Adults (A). Polls sampling only

Likely Voters typically present the most accurate model of the electorate, but polls sampling adults can include anyone in their responses – even people who cannot or do not vote.

Second, assess what demographic the poll sampled. Polls that limit their sample to specific populations based on demographic factors like gender, race, age, political party or location need to be understood in their given context. Unfortunately, mass media outlets often overlook these details, resulting in the potential misrepresentation of polled information.

The third and perhaps most important trick to understanding polls is looking at the sample size.

Low sample sizes do not adequately represent the opinion of the majority of the population and therefore often present misleading findings. Polls with larger samples can be much more representative of actual voter turnout since they are closer to the population size.

In addition to abiding by these three fundamental tricks to understanding polls, applying the following background knowledge can further strengthen a citizen's understanding of polling in America.

For example, most polls ask multiple questions concerning ratings for candidates or job approval for current congress and the presidency. Responses to these questions are often recorded on a scale.

Here is an example of a scale-based question: "Select one of the following options to rate your approval of the current President's work: approve, mostly approve, mostly disapprove, disapprove."

When media outlets report on polls with scale-based responses, answers like "mostly approve" or "mostly disapprove" are often neglected or merged into the more simplistic categories of "approval" and "disapproval," which leads to the spread of misinformation and misrepresents the actual poll results. Even popular broadcast outlets such as ABC, CBS, CNN, Fox News and NBC neglect to distinguish between middle rankings and overall rankings.

Though the media may continue to misrepresent poll results, anyone who uses these tricks and tools will be able to differentiate between reliable, accurate polls and potential misrepresentations.



Above: An illustration done by Czarina Divinagracia in 2018 for a Morning Consult article. Photo/Morning Consult.

PIXELS IN MOTION

Orue And LeBlanc Host Creative Meetup With Special Guest Speaker

By MARISA McGRADY
Editor-in-Chief

Professor Leslie Wing Orue and Professor Scott LeBlanc are hosting a "Pixels in Motion" meetup on Oct. 24 from 6:30 - 8:30 p.m. on the 2nd floor of the Christine E. Lynn University Center with special guest speaker Rick Delgado.

Pixels in Motion aims to provide an opportunity for professionals and enthusiasts using creative software and tools to create imagery for animation, motion graphics, feature films, broadcast television, documentaries and more. The meetups allow professionals and enthusiasts in these fields to network with others and discuss the industry's latest tools and techniques. There will also be reserved time for a "Q&A" style session to explore any topics that come up during the workshop.



Above: A multimedia piece created by Delgado featuring a photograph with abstract renderings layered over the top of the image. Photo/R. Delgado.



In addition to the creative workshop, the meetup features guest speaker Delgado, owner and operator of Nufrontier. Nufrontier is a fully operational production company focused on film and photography productions with a broad span of international clients.

Pixels in Motion is free to attend and open to all those interested in learning about modern, graphic imagery and art, networking with industry professionals and meeting industry leaders like Delgado.

For more information on Pixels in Motion, contact Professor Orue at LOrue@Lynn.edu.

Above: Delgado, owner and operator of the multimedia production company Nufrontier, will be speaking at the upcoming Pixels in Motion event. Photo/R. Delgado.

MISSING IN ACTION

Thousands Of Items Missing From The Dining Hall

By ALEXANDRA ZAPATA
Head Graphic Designer

Since the beginning of the semester, Mary's Kitchen and Bobby Campbell Dining Commons in the University Center has lost thousands of plates, bowls, cups and silverware due to the items being taken out of the dining area.

Staff members in the cafeteria have noted a significant decrease of chinaware after the first floor on the University Center became the University's main dining facility. The large volume that has disappeared in such a short amount of time has come to a surprise to many.

"Since school began in August, we have gone through 700 or 800 dinner plates," said Matthew Chaloux, director of auxiliary services. "We have gone through 600 plastic glass tumblers. We have gone through several hundred snack plates. We haven't even bothered counting silverware."

As new orders come in to replace the missing chinaware, university staff have found many of the non-disposable items simply thrown into trash cans.

Diners are required to return all chinaware to the tray return station on the first floor to be cleaned and reused.

"The plates, bowls and silverware in the dining hall are not disposable," said Chaloux. "They're not meant to leave the first floor of the University Center. If you have a desire to take back something to your room, upstairs, library or any place other the dining commons, we ask that you use the to-go container for that purpose."

For a one-time \$5 charge, diners can utilize the reusable green containers. When returning a used to-go container, students may ask for a clean container. Students that reside on campus may find this service beneficial for storing food for later consumption.

"Our housekeeping staff has been finding and returning china and glasses out of the resident hall hallways," said Chaloux. "I myself have picked up countless plates, cups and bowls outside on the main sidewalk. We are finding them everywhere."

Please participate in the dining hall's sustainable practices and return non-disposable chinaware to the tray return.



Above: Non-disposable pieces of chinaware such as cups, bowls and plates have been found in trash cans, dorms and offices across campus. Photo/LU.



Above: Mary's Kitchen offers plastic green to-go boxes for a one-time purchase of \$5. If students want to take food out of the first floor dining area, they should utilize the to-go box option. Photo/LU.

DROWNING THE OCEAN IN PLASTIC

Lynn Students And Faculty Discuss Plastic Waste

By CARAMIA VALENTIN
Contributing Writer

Waste from plastic, a non-biodegradable material, has been linked to the deaths of millions of animals every year and is particularly damaging to marine life and ecosystems.

While the three R's of reducing, reusing and recycling help generally decrease the quantity of plastic waste, not all plastic items can be recycled. Plastic that is not recycled will eventually find its way into the ocean where it will remain for a long time as it is extremely difficult to retrieve plastic waste from the open ocean.

With the media shedding light on the harmful effects of plastic waste, some individuals and companies are trying to prevent and reverse the damage done by plastic pollution. However, others feel efforts to combat plastic pollution will be insignificant unless they are globally unanimous.

iPulse set out to see what the students and faculty at Lynn University think about the plastic waste crisis that is plaguing the globe. Here's what they had to say:



Above: Plastic that cannot be recycled or reused eventually finds its way to marine ecosystems, as demonstrated by the pollution on a beach in Ghana from 2018. Photo/Wikimedia Commons.



"I think that we should try using less plastic because it hurts the environment," said Alexa Grieco, freshman.



"I don't know enough about that except that I hate plastic straws because they get mushy," said Sabrina Della Bella, freshman.



"It doesn't bother me at all," said Dylan Villa, freshman. "There's nothing I can do about it."



"I think it's horrible," said Brianna Forrest, freshman. "The environment should not be filled with plastic all over the place."



"I think it's great the whole moving to paper straws," said Elena Tayem, student success coordinator in the office of admissions. "Restaurants barely give you straws anymore which is a great initiative."

CREATING A CAREER IN COMICS

Former Marvel And DC Artist Demonstrates Creative Process

By ALEXANDRA ZAPATA
Head Graphic Designer

On Oct. 23, Professor Mark Sparacio will be holding a comic book artist event in the Amarnick-Goldstein Concert Hall to demonstrate to students how he paints artwork for comic books.

When Lynn adopted the Digital Media Arts College (DMAC) in 2017, the College of Communication and Design had the pleasure of welcoming new and talented faculty members including Sparacio. Since then, Sparacio has taught courses such as principles of design, basic drawing, figure drawing 1 and comics and sequential art. Students that do not take his classes have the opportunity to learn from him in his upcoming event.

"I am going to do a lectured demonstration where I am going to be painting and describing what I am doing and talking to the students about how I create the artwork," said Sparacio. "Starting with rough sketches, to my photo session, to finished sketches, to the final painting, to the printed artwork, we will go through the whole process."

Before pursuing a career as an educator, Sparacio was a freelance illustrator in advertising where he would get jobs from multiple agencies. Afterwards, Sparacio reached out to a previous educator from his time in the School of Visual Arts, Will Eisener, to ask for assistance in getting into the comic book industry. Sparacio went on to produce illustrations for D.C. and Marvel.

"Being in this industry, being in comics, teaching, doing the conventions, doing commissions. I love doing all of it," said Sparacio. "People ask me when I'm going to retire, and I

tell them I'm not going to retire. I enjoy doing this so why would I ever want to retire? I feel very lucky and blessed to be doing something I love for a living."

Sparacio believes that success depends on hard work, dedication, perseverance, and asking a lot of questions. The College of Communication and Design is working towards inspiring students to pursue their dream careers in the creative industry.

"We are trying to bring the artwork to the students starting with Mark Sparacio's event," said Mike Arsenault, associate dean at the College of Communication and Design. "The next one is going to be a student art show, so we are trying to do a couple of these every semester."

For more information on the comic book artist event taking place on Wednesday Oct. 23 at 5 p.m., contact Mark Sparacio at msparacio@lynn.edu.



Above: Sparacio shows students how he starts with a reference photo and moves through different phases before preparing the final painting. Photo/M. Sparacio.



Above: Sparacio's work covers a vast array of different subjects from cartoon characters like Peter Pan and Aladdin to newer heroes like Starlord. Photo/M. Sparacio.

PASSION FOR FASHION

D'Esposito Grows Fashion And Retail Association

By CLAIRE McCABE
Advertising Manager

Sophomore Izzy D'Esposito recently became president of Lynn's fashion and retail association (FRA).

From a young age, D'Esposito loved fashion.

"When I was three years old, I picked out my own outfit and went downstairs and showed my mom as if I were in a fashion show. From that moment, I knew that I wanted to have a career in fashion," said D'Esposito.

When D'Esposito arrived at Lynn her freshman year, she noticed the booth for the FRA at the involvement fair. After attending the FRA's first meeting, D'Esposito was hooked.

"I remember sitting with my journal from day one: taking notes, jotting down ideas. I was serious," said

D'Esposito.

Last spring, the position of FRA secretary was open. Nervous but eager to be a leader within the association, D'Esposito applied for and was granted the position. Once D'Esposito's term as FRA secretary came to an end, she decided to run for president.

D'Esposito remembers saying to herself several semesters ago: "When I am a senior, it will be my goal to try to be president." At the time, D'Esposito had no idea she would become FRA president her sophomore year.

As FRA president, D'Esposito helps create, design and lead fashion shows. The FRA's upcoming show is the pool fashion show on Thursday, Nov. 7. Currently, the FRA is in fashion construction month.

Fashion construction month focuses on the production of any upcoming

events or shows, and the FRA meets every week during construction month.

D'Esposito is excited to bring attention to the FRA. She strongly believes fashion has the ability to change someone's life, and she hopes to inspire others with the FRA's work.

"Aspects of fashion are expressed in so many ways, through photography, art history, culture, religion, it can increase your confidence, and give you the freedom or fortitude to express who you are," said D'Esposito.

As president, D'Esposito aims to include anyone who is interested in the FRA, spread the word about the FRA all over campus and inspire a love of fashion in those that didn't know they had it before.

To get involved with the FRA, email D'Esposito: idesposito@email.lynn.edu.



Above: D'Esposito's passion for fashion began when she was still young, but that passion has carried over into her adult life and inspired her to go after leadership roles such as FRA president. Photo/I. D'Esposito.

HONG KONG PROTESTS ESCALATE

Student Shot By Hong Kong Police Officer

By LUCIA DORLEY
Staff Writer

A protester was shot in Hong Kong on the 70th anniversary of the People's Republic of China after four months of pro-democracy protests.

For over 19 weeks the people of Hong Kong have been holding pro-democracy protests against the People's Republic of China and facing punitive action by Chinese authorities. According to CNN News, a Hong Kong police representative said an officer at the protest in the Tuen Wan district of the New Territories fired a live round after a protestor charged at them. The live round injured 18-year-old student Tsang Chi-ki, and Tsang is the first

protester to be injured by a live round in the history of the recent Hong Kong protests.

According to CNN, Tse Yun-Ming, headmaster of the Tauren Wan Public Ho Chuen Yiu Memorial College where Tsang attends school, stated that Tsang underwent surgery for his injuries. Tsang's condition was stable after surgery, and he is expected to recover. The policeman who shot Tsang did not face any penalties, but Tsang is being charged with two counts of assaulting an officer and rioting.

Although riot police should attempt to maintain peace, the excessive amount of force used at the Hong Kong protests is being heavily criticized.

The police retaliate against protesters, even non-violent protesters, with tear gas, rubber bullets, water cannons and, now, live rounds.

For more information regarding the protest in Hong Kong, visit [CNN.com](https://www.cnn.com) for the latest updates.



Above: Tensions between Hong Kong protesters, riot police and local authorities reached an all-time high after Tsang was shot and injured by a live round. Photo/Wikimedia Commons.

AMERICA'S NORTH STAR

Rep. Elijah Cummings Passes Away At 68

By MARISA McGRADY
Editor-in-Chief

On Thursday Oct. 17, 2019, U.S. Representative for Maryland Elijah E. Cummings passed away from health complications at the age of 68. A civil rights activist and chairman of one of the committees leading the impeachment inquiry of President Trump, Cummings left behind a powerful and diverse legacy.

Cummings was born in 1951 in Baltimore to parents Ruth Elma and Robert Cummings. Cummings' parents worked as sharecroppers and raised seven children, of which Cummings was the third. According to the Associated Press (AP), a grade school counselor told Cummings that he spoke poorly, thought too slowly and would never fulfill his dream of becoming a lawyer.

"I was devastated," said Cummings to the AP in 1996 regarding the incident. "My whole life changed. I became very determined."

Where others may have faltered, Cummings used the counselor's comments to fuel his work and aspirations. Cummings received his Juris Doctorate in 1976 from the University of Maryland School of Law, and he practiced law for 19 years before being elected to the House in 1996. Cummings was the first black House speaker pro tem, the second highest position in the House of Delegates, and he chaired the Congressional Black Caucus from 2003 to 2004 and brought the group into the national spotlight.

"He worked until his last breath because he believed our democracy was the highest and best expression of our collective humanity and that our nation's diversity was our promise, not our problem," said Maya Rockeyemore

Cummings, chairwoman of Maryland's Democratic Party and Cummings' widow, in a statement.

Cummings' advocacy for civil rights began when he was just 11 years old. With the help of their recreation leader and the NAACP, Cummings and his friends protested the segregation of a local pool by attempting to get into the pool every day for a week. Each time the children attempted to enter the pool, they were spit on, threatened and mocked.

"The experience transformed my entire life," said Cummings to the AP in a previous interview.

Cummings' long career in law and politics reflects his passion for civil rights and social change. Cummings believed in and advocated for policies to help the poor and addicted such as needle exchange programs to reduce the spread of AIDS. When the death of Freddie Gray sparked riots in Baltimore in 2015, Cummings carried a bullhorn out into the streets and urged crowds to go home, emphasizing that there were more effective ways to seek justice.

"In the House, Elijah was our North Star," said House Speaker Nancy Pelosi in a statement. "He was a leader of towering character and integrity whose stirring voice and steadfast values pushed the Congress and country to rise always to a higher purpose."

Cummings served as chairman of one of the three committees leading the impeachment inquiry against President Trump. Cummings and the other committee chairmen signed a letter seeking documents regarding the alleged interactions between President Trump and Ukraine and issued subpoenas for witnesses following the Trump administration's refusal to

cooperate with the impeachment probe. According to the AP, Rep. Carolyn Maloney from New York will take over Cummings' role as chairman following his unfortunate passing.

"I want justice, oceans of it," said Cummings in a previous statement. "I want fairness, rivers of it. That's what I want. That's all I want."

In addition to championing civil rights and political justice, Cummings also challenged the political polarization of America's two largest parties: Republicans and Democrats. Cummings resented the rhetoric both parties used when referring to each other. In February of this year, Cummings defended Republican Rep. Mark Meadows after Democratic Rep. Rashida Tlaib claimed Meadows committed a racist act.

"If there is anyone who is sensitive with regard to race, it's me," said Rep. Cummings during the Michael Cohen hearing. "[I'm] the son of former sharecroppers - they were basically slaves - so I get it. I've said this before and gotten in trouble for it, but of all the people on this committee [Mr. Meadows is] one of my best friends. I can see and feel the pain [this accusation caused you], and I don't think Miss Tlaib intended to cause you that."

Whether it was as a lawyer, a civil rights activist, a house representative or simply a friend defending a friend, Cummings made it his life's work to seek and administer justice for those who needed it. Though Cummings will be missed, the example he set will serve as a guiding light in America during this politically tumultuous time.

LLAMA PURSUES HER DREAMS

Lynn Student Interns At Stuart Wietzman

By FRANCESCA DE NES
Assistant Editor

Fabiola Llama, a Lynn senior majoring in entrepreneurship and double minoring in fashion and retail and marketing, spent the summer interning at Stuart Wietzman, a luxury shoe company based in New York.

As a business major, Llama is required to complete an internship to graduate. Llama's godfather recommended applying to the Tapestry Internship Program which works with brands such as Kate Spade, Stuart Weitzman and Coach. Llama applied, and, after a month of interviews, the Tapestry Program reached out and offered her a merchandising position at Stuart Weitzman.

At Stuart Weitzman, Llama assisted in the merchandising process for the spring 2020 collection. She also shadowed different teams including the marketing team and the design team, two of Llama's main interests. Llama experienced firsthand the importance

of teamwork as she observed the company employees connect with one another in order to obtain maximum efficiency.

"This internship gave me a look into the workforce and gave me the confidence to believe in myself and in the work that I produce," said Llama. "I was able to give the company quality work in every assignment and impress my boss with my efficiency and eye for detail. I was also able to talk to the company's creative director and the CEO in order to talk about how they got to where they are and what would be the best steps to take in-order to excel in my future."

Llama grew up in Puerto Rico, a beautiful island known for its vibrant colors and passion for music. Llama's passion for the arts, particularly dancing and fashion, began when she was eight years old. Llama uses dance to express herself and has performed for the last three years in Celebration of the Arts, Lynn's annual student showcase.

"Ever since I was little, I felt as though I had music inside of me and a passion for performing. I found dancing to be my outlet for it," said Llama. "Mainly because I can't sing, so dancing gives me the opportunity to perform without having to be a singer. It also became my safe space. When I dance, I feel as though nothing can touch me."

Llama also has a deep passion for fashion and started her own clothing line, FE, while she was still in high school. Last year, Llama was part of the spring fashion show production team. Llama styled two scenes and choreographed the models' routines.

"I have a passion for art. I love it in every way shape and form," said Llama. "I aspire to constantly be creating content and inspiring other with my pieces."

Llama currently works at Kate Spade as an associate in Town Center Mall in order to continue learning about the fashion industry.



Above: Llama and the Creative Director of Stuart Wietzman, Edmundo Castillo. Photo/F. Llama.



Above: Llama and the team of Celebration of the Arts. Photo/F. Llama.

TO [B] OR NOT TO [B]

Lynn Student And Alumnus Present At Academic Conference

By MARISA McGRADY
Editor-in-Chief

On Friday Oct. 11, Brendan Donahue and Will Conway presented their research paper, titled "To [B] or not to [B]: a Derridean Analysis of Ironic Emoji Signifiers in Memetic Messaging", at the Semiotic Society of America's 44th annual conference in Portland, Oregon.

Donahue, Conway and Professor Eric Hamm co-authored the paper centered around the cultural and ironic implications of the red [B] emoji found on the Apple emoji keyboard. Donahue and Conway first realized the potential for their research when studying 'Of Grammatology' by Jacques Derrida during professor Hamm's DBR course on existentialism.

"'Of Grammatology' challenges the conventional understanding of language," said Donahue, sophomore, in reference to the literary inspiration for his research.

Founded in 1975, the Semiotic Society of America hosts an annual academic conference and publishes The American Journal of Semiotics. The 44th SSA call for papers - an announcement revealing that year's conference theme - invited academics to submit research on the semiotics of borders and the borders of semiotics. This year's call for papers requested research concerning signs or expressions of inclusion and exclusion, the relationship of boundaries to imagination and the limits and possibilities of semiotic inquiry.

"The [B] exists in an age marked by an entire generations' overstimulation," said Conway, Lynn alumnus. "Unlike other symbols, it does not denote any immediately identifiable meaning or instruction beyond its absurdity, finding it outside the realm of our

conventional understanding of signs and symbols to society. That's what makes it such an interesting entity to analyze."

Donahue and Conway presented for twenty minutes and spent ten minutes answering questions from semioticians, theologians, mathematicians and other scholars regarding their research.

"There's something fundamentally different about presenting in front of specialists in a field. The nature of the questions are different; the reasons why they're intrigued by your presentation are different,"

said Conway. "Given all that, I'm still surprised [by] how supportive people at the Semiotics Society of America were. Overall, I think it was an extraordinarily educational experience."

Though this was Conway's and Donahue's debut as academics, their work is far from done. Conway looks forward to presenting on Jean-Paul Sartre and the disabled body at a conference in Pittsburg alongside Dr. Hamm. Donahue plans to author another project for the 45th Semiotic Society of America conference next year.



Above: Dr. Hamm [left], Conway [middle] and Professor Hamm [right] together at the May 2019 graduation ceremony. Photo/@lynnudebate via Instagram.



Above: Donahue [left] and Conway [right] analyzing an example of an ironic and absurd use of the [B] emoji in a meme. Photo/M. McGrady.



Above: Donahue [left] and Conway [right] opening up the presentation for discussion of various applications of the [B] as seen on their handout. Photo/M. McGrady.



Above: Conway [left] and Donahue [right] exploring Poet's Beach in Portland after their presentation. Photo/M. McGrady.



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WHEN IN ROME

Smith Shares Her Experience Studying In Italy

By KELLY MARMO
Copy Editor

Senior Chelbie Olivier-Smith is in Florence, Italy pursuing her bachelor's degree abroad and exploring Europe all at the same time.

"I knew that I wanted to study in Italy, and the study abroad fair at Lynn helped me connect with admissions from FUA," said Olivier-Smith. "I received a brochure, and the study abroad office helped me figure out if Florence was the right path for me and helped me throughout the entire application process."

With the help of Lynn's study abroad office, Olivier-Smith enrolled in Florence University of the Arts (FUA) and moved to Florence for the fall semester. Olivier-Smith is in FUA's experiential learning program, which is an internship program offered only in Florence. Olivier-Smith studies multimedia journalism and takes courses that fit into her major while learning about the culture of Italy.

"I am involved in the journalism experiential learning program, and in this I write articles and copy edit for the school's newsletter, magazine, web page and blog," said Olivier-Smith. "It gives me hands-on experience of the career that I want post-graduation, and, [because] it is

in a real communications office, I am surrounded by hectic energy as I would be in a real office."

Olivier-Smith spoke about her initial reaction to arriving in Italy and her plans for the rest of the semester. Having never visited Europe, Olivier-Smith was interested to see the cultural differences in Italy and learn more about the history of Florence.

"I was in such shock because of how beautiful it was," said Olivier-Smith. "This is my first time in Europe, so seeing the architecture and the immediate differences between Italy and America was so cool."

Since touching down in Florence and visiting other parts of Italy, Olivier-Smith has also traveled to the Amalfi Coast in Italy and stopped in Munich, Germany for Oktoberfest. Her future trips include visiting Interlaken, Switzerland, Lake Como in Italy, Barcelona and Madrid in Spain and Paris, France.

"The best trip I have taken thus far is hands down Amalfi Coast where I got to see Sorrento, Capri, and Positano," said Olivier-Smith. "From the beautiful blue Mediterranean Sea to climbing Mt. Vesuvius and touring Pompeii, it was all very surreal. I had so much fun, and I know that I have made memories that will stay with me for life."

Aside from these trips she has planned, Olivier-Smith mentions her gratitude to be studying and spending the majority of her time in Florence. Olivier-Smith finds differences in how people drive and how restaurants function in Italy versus in America, and she has become more and more aware of other traditions and formalities in the Italian culture.

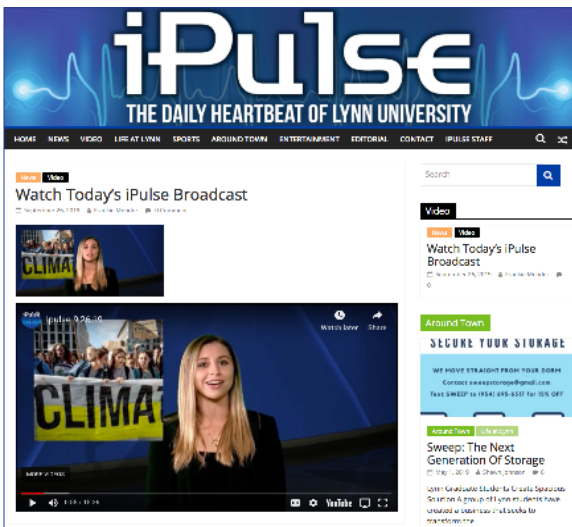
"Italians seem to be very in-tune with the quality of life, and they are not always on their phones as Americans tend to be," said Olivier-Smith. "Florence has a personality, and, [because it's] the Renaissance city, it is such an old-world vibe that encourages you to learn more about it and embrace the small town."

Olivier-Smith's high expectations of Florence were met, and she has fallen in love with the city. She finds it hard to be homesick in a place like Florence but adds how often she communicates with her loved ones. Olivier-Smith is glad she took the chance to travel on her own to Europe.

"I decided to go abroad alone to challenge myself to be completely independent and focus on myself," said Olivier-Smith. "I learn something new every day that I can reflect on and feel myself becoming more well-rounded."



Above: Though studying abroad may frighten some, Oliver-Smith has embraced life in Europe. Photo/C. Oliver-Smith.



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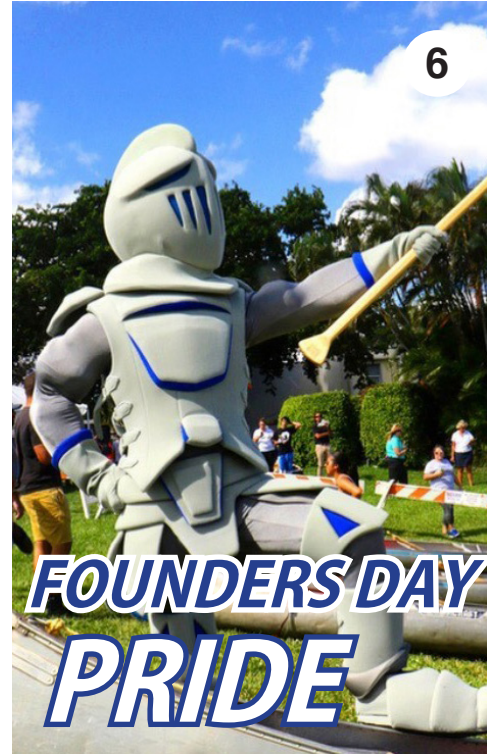
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Above: Students from the 2019 J-term to Japan basking in the after effects of Shinrin Yoku. Photo/M. Luttio.

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Above: 1Legend states how rap has helped him overcome life's hardships. Photo/
@csemg_legend IG.



Above: The debate team represented Lynn University at Yale for an Ivy League tournament. Photo/K. Hamm.

SPRING INTO CAREER SUCCESS

Career and Alumni Connections Modifies Spring Employment Fairs

By MARIA PAULA ACOSTA BELLO
Assistant Editor

Career and Alumni Connections has opted to divide its internship and employment fair up by major so that every student, regardless of area of study, can find an employment opportunity.

"Last year, we hosted the Internship Fair [and] the Employment Fair, and we did something completely new - a fair just for the [College of] Arts and Sciences majors," said Elisa Magana, career connections coordinator. "We had such a good outcome [that] we decided to do it for different majors and every college."



Above: Student talking to the recruiters of the Miami Dolphins. Photo/Career and Alumni Connections.

Although the fairs will focus on specific colleges and majors from now on, anyone is welcome to attend.

"We are very lucky to have a variety of companies come to both events. Companies including the Boca Raton Resort and Club, the Miami Dolphins, ESPN, Super Bowl LIV 2020 and Wyndham Boca Raton came to our Hospitality, Sports and Events Job Fair. Barton Associates, LexisNexis Risk Solutions, US Census Bureau and WB Mason are just a few of our companies that joined us for our Business Fair," said Magana.

Both the Hospitality and General Business Fairs have already passed. There were more than 121 students that attended the Hospitality, Sports and Event Management Fair, and 103 students attended the General Business Fair. Also, 41 different companies attended each fair.

"I definitely like seeing that they have done project work, their skills they can use, their GPA and any extracurricular activity," said Shelby Finch, recruiter for Modernizing Medicine, in regard to what recruiters look for in students at these fairs. "[This] can set them apart because, when someone is able to do an internship and be in clubs, as a recruiter we notice that you are putting yourself out there. You are not just going to college but are a part of your environment."

Recruiters are looking for a well-rounded resume. For those who have yet to create a resume or want to revise their current resume, make an appointment with one of the career coaches in the Hannifan Center for Career and Alumni Connections on the second floor of the Christine E. Lynn University Center.

"Although both the Hospitality and General Business Fairs already passed, we encourage students to mark their calendars for our Arts and Science Fair on Feb. 6. and our Marketing and Communications Fair on March 19," said Magana.



Above: Erin Henley recruiter for NEXtera Energy giving information to an interested student. Photo/Career and Alumni Connections.



Above: Student speaking with Kristin Rollins and Stacia Okoh, recruiters for Enterprise. Photo/Career and Alumni Connections.

NA-CHO AVERAGE RESTAURANT

El Camino Offers Best Local Deals and Specials

By NICOLE SHEAKS
Staff Writer

Inspired by the heritage of Mexico, Delray Beach's El Camino gathers the community to provide the holy grail of food, beverage and ambiance.

El Camino staff members are committed to serving the most fresh, local and indigenous ingredients to take one's dinner experience south of the border. Open seven days a week on Atlantic Avenue, this restaurant offers taco Tuesday specials and daily happy hour rates.

"They rotate their seasonal drinks often and have yet to have one I am

not a fan of. Their brisket quesadilla is my favorite. It's filled with a lot of savory meat and is oozing with melted cheese," said Yelp reviewer.

Offered daily from 4 p.m. – 7 p.m. at the bar only, the happy hour menu features a range of affordable dishes, like chips and salsa, tamales, chicharrons, quesadillas and \$2 tacos. For those 21 and older, there are select bottled beers for \$3, \$4 drafts, \$5 margaritas and cocktails, \$5 spirits and \$3 wines.

"I cannot get enough of El Camino. I dream of their crafty drinks and delectable fish tacos. Don't let the

crowds intimidate you; it's worth the wait. The lighting makes for a cozy atmosphere at night, and the open front and windows give the place an airy welcoming vibe during the day," said El Camino guest Kimsley A.

El Camino offers a daily late-night happy hour from midnight to 2 a.m. for those who want to continue their celebrations. El Camino's guacamole, \$2 tacos, 50 percent off Mezcal and tequila and uniquely crafted margaritas will end the night on a high note. For more information, visit El Camino's website: <https://elcaminodelray.com/>.



Above: El Camino's guacamole, chips and salsa. Photo/@matpaabordet via Instagram.



Above: A customer enjoys the Swiss chard & bongos quesadilla from El Camino. Photo/@jillyaholic via Instagram.

TAKING PRIDE IN LYNN'S BEGINNINGS

Lynn Community Looks Forward to Founders Day

By ALEXANDRA ZAPATA
Head Graphic Designer

On Nov. 1, the Lynn community will be celebrating Founders Day in the University Center and Christine E. Lynn Park to honor the University's past 28 years of history.

It has become an annual tradition that the university celebrates the day by holding a variety of lively activities for the Lynn community to participate in. This year, festivities will begin at 9 a.m. in the University Center with breakfast and a speech from President Kevin M. Ross. He will share historical tidbits and will announce special guests that have taken part in shaping the university.

At noon, students will have the opportunity to participate in three-wheeler relay races. Partnered with a teammate, one can expect to ride adult-sized tricycles through a challenging race course. Students can sign up and pick their pedaling partner

during the event. Winners will be announced by the end of the day.

The recreational day will conclude with the Family Picnic and Festival taking place at 4 p.m. in the Christine E. Lynn Park. Family members are invited to join the Lynn Community to indulge in delicious food, live music, and the colorful Student Golf Cart Parade.

"I'm really looking forward to the golf cart float competition. Last year Game Club really blew it out the water so I'm wondering who will win this year," said Symantha Gant, junior.

For students that have attended in previous years, Founders Day is a wonderful opportunity to create meaningful memories. First year students can expect to partake in new experiences.

"I'm looking forward to watching the canoe races. I participated in my freshman year and it was really fun so I love to watch people having fun with it as well," said Susan Werner, senior.



Above: Lynn's mascot Lance the Fighting Knight leads the way on Founder's Day in 2018. Photo/@lynnuniversity via Instagram.



Above: In 2017, Lynn added a floaty race to the annual canoe challenge. Photo/@lynnuniversity via Instagram.

FIGHTING KNIGHTS FUEL PHILANTHROPY

Lynn's Fourth Annual Day of Giving Kicks Off This Friday

By MARISA MCGRADY
Editor-in-Chief

Lynn's fourth annual Day of Giving, a 24-hour fundraiser directly supporting scholarships, arts and culture, facilities and technology and much more, starts this Friday, Nov. 1 at midnight.

Day of Giving's #oneLynn campaign focuses on uniting the Lynn family under one goal: raising 400 donations in 24 hours. In addition to funding scholarships, donations from Day of Giving support students by enabling Lynn to recruit top-notch faculty, give students hands-on learning experiences, provide state-of-the-art study materials and spaces, promote arts and culture on campus and improve campus facilities.

"Our alumni and friends continue to amaze us with their generosity and support for our Day of

Giving," said Sherry Henry, associate director of annual giving. "They truly embody the Spirit,

Service and Strength of our campus. As we celebrate Founder's Day and the

university's 57th year, we recognize that Lynn is the special place we know and love today because of our benefactors and the Lynn community. We look forward to their continued support for our fourth annual Day of Giving."

Last year, the Office of Development raised over \$35,000 from 250 donors using the platform GiveCampus. GiveCampus, a digital fundraising platform similar to GoFundMe, entrusts campus communities to come together and raise awareness for fundraisers and events.

"We encourage everyone who loves Lynn to help us spread the word," said Henry. "It's the power we have together that makes fundraisers like this so successful."

Many of the donations made on Day of Giving aid current Lynn students' education directly through scholarships and indirectly through program and facility funding. Donations to funds like the Alumni Pay It Forward Scholarship help make higher education a reality

for some students. Erin Casey Pyper, a freshman majoring in early childhood education, received one of the two Alumni Pay It Forward Scholarships for the class of 2023.

"I am grateful for those who gave me the scholarship," said Pyper. "If it wasn't for them, I would've worried about loans and paying for college. Thanks to this scholarship, I find myself enjoying college."

This year, callers will work from the Elmore Conference Room in the Christine E. Lynn University Center to contact as many potential donors as possible before the clock runs out. Sodexo is sponsoring meals for the calling program, and screens across campus - from the IBC to the University Center - will display information regarding the fundraiser. Stories on Lynn's Instagram and Facebook and the Lynn Alumni Instagram and Facebook will cover the event as it progresses.

To donate, please visit:
lynn.edu/day-of-giving-2019



Above: The #OneLynn campaign aims to unite past, present and future Fighting Knights under one goal: raising 400 donations in 24-hours. Photo/LU.



Above: Pyper [left] and James Morales [right] received the Alumni Pay It Forward Scholarships for the class of 2023. Photo/LU.

GETTING TO KNOW THE LYNN FIGHTING KNIGHTS

“What is your pre-game ritual?”

By HELEN TAMY KREUZER
Staff Writer

Countless hours of practice, early morning workouts, dedication and focus play a crucial role in the success and performance of an athlete. When all the preparation and practice is done, it is time for competition – the moment every athlete works for.

iPulse asked Lynn athletes about their pre-game rituals to prepare them for the intensity of competitions. This is what they had to say:

“Before walking to the blocks, I need one of my closest friends on the team to help me put my cap on. After that I get a hug from both of my coaches, which will be my last interaction with

anyone. Then, I put my headphones on and listen to one of the hits from Queen. Once on the block, I remind myself of what one of my best coaches ever said: ‘If you want to be successful, you’ve got to be willing to give up sleep, because if you sleep you might miss the opportunity to be successful,’” said Samar Khacha, junior.

“Before every match with my Lynn team, we have a team ritual. We all get together, including coach, and say our pre-game phrases. Also, it is very often a ritual for me to change the grip on my racket prior to a match,” said Eliska Petrackova, junior.

“I usually listen to certain music that helps me get the right tempo for my swing when warming up for a

tournament, which also puts me in the right mindset. I also always do a special warm-up for my body to prepare and minimize the risk of injuries as I have had a back injury before,” said Matilda Wahren, senior.

“Before a game, my ritual normally starts as soon as I wake up. When I wake up, I go to team breakfast and head to the locker room where I listen to music for a little bit. After that, I go on the field and warm-up on my own and throw around just to get used to my stick before the game. Right after I feel loose, I go back in to clean my cleats. It allows me to focus on the game ahead and remind myself that I have been playing this game for so long,” said Xander Cosenza, junior.



Above: Lynn Lacrosse team after scoring and winning a game. Photo/ @lynn_knights via Instagram.



Above: Lynn golfer Matilda Wahren became one of the first female golfers to earn WGCA All-America honors since 2013-14. Photo/@lynn_knights via Instagram.



Above: Levin Sandmann was named the offensive soccer player of the week. Photo/@lynn_knights via Instagram.



Above: Eliska Petrackova during a match for Lynn Women's tennis. Photo/@lynn_knights via Instagram.



Above: Lynn Swimmer Samar Khacha in action. Photo/@lynn_knights via Instagram.

FROM SOUTH FLORIDA'S CIRCUIT TO THE IVY LEAGUES

Debate Team Represents Lynn at Yale

By MARISA MCGRADY
Editor-in-Chief

From Oct. 25 - 27, Lynn's Director of Forensics Dr. Eric Hamm and Assistant Director of Forensics Professor Kathryn Hamm traveled to New Haven, Conn. with four members of the Lynn University Speech and Debate Team to compete at the team's first ever Ivy League tournament: the Yale IV 2019.

The British Parliamentary (BP) style tournament hosted 192 total teams from many different institutions, including every school of the Ivy League and several past champions of WUDC, the World Universities Debating Championship. Though they faced extraordinary new levels of intense competition, Brendan Donahue, Christopher Cohen and Samuel Nvota proved Lynn debaters can challenge and engage with debaters from some of the most illustrious schools in the country. Lynn debaters secured victories against teams from Stanford University, Princeton University, University of California Berkeley, New York University, Drexel University and William & Mary.

"Yale IV proved our most prestigious and competitive tournament to date. I am so proud of our debaters as they competed against every school in the Ivy League," said Dr. Hamm. "After Lynn posted some tough wins against teams from Stanford, Princeton and UC Berkeley, many of the world's best debaters got to see what Lynn Debate has accomplished in just three short years."

Lynn's debate team often succeeds at tournaments in the south Florida circuit, but the team's recent travels to larger and more internationally renowned tournaments demonstrates that this success is not reliant on region. Last spring, the team traveled

to the Pan American Universities Debating Championship in Panama and broke to semi-finals, and this semester the team performed competitively at their first Ivy League tournament.

"It was insightful to compete against teams that have competed at the World Universities Debating Championship and to have seen the difference in styles from the regional south Florida tournaments," said Cohen, senior and speech team captain. "Additionally, having learned about other forms of debate such as APDA was helpful to better understand the theory different teams brought with them into British Parliamentary [debate]."

BP debate places an affirming bench and negating bench, each consisting of two teams of two debaters, against each other to advocate for different positions in relation to a given resolution. The resolutions featured at the Yale IV included extreme attention to detail and primarily addressed current global events. Eva Quinones, one of the tournament organizers, authored the tournament's resolutions.

"In terms of setting detailed resolutions, I think it's incredibly important to talk about policy and topics as they're happening in the real world," said Quinones. "We base a lot of our resolutions on what's happening right now so that college students can engage in these issues. We try to source from major news outlets to engage students in current events and encourage them to be informed citizens."

In addition to competing at the tournament, the debate team also explored local books stores and shops and caught up with Mimi Trinh, a Lynn alumna currently pursuing her MBA at Yale's School of Management. After enjoying lunch in the dining commons,

Trinh and the team toured the school of management and discussed their tournament expectations.

"Our debaters represented well, were competitive, and learned much," said Professor Hamm. "We keep challenging ourselves with increasing difficulty, and I am impressed by how we meet and exceed those goals."

The debate team looks forward to their next competition on Nov. 16.

The Speech and Debate Team meets every Tuesday and Thursday at 5 p.m. in IBC 313. For more information about the debate team, contact the coaches or follow the team's Instagram:

Eric Hamm: rhamm@lynn.edu

Kathryn Hamm: khamm@lynn.edu

Instagram: @lynnudebate



Above: Veteran team member Nvota delivering an opening opposition speech during the competition. Photo/M. McGrady.



Above: The team visited the Beinecke Rare Book & Manuscript Library to see fascinating historical pieces. Photo/K. Hamm.



Above: The team met up with Trinh before the tournament began to get a tour of Yale's campus and catch up. Photo/K. Hamm.



Above: The Florida-based team acclimated well to the drastically different weather in New Haven and loved seeing the beautiful fall colors spread throughout the town. Photo/K. Hamm.



Above: Professor Hamm was ecstatic to see the Gutenberg Bible at the Beinecke Rare Book & Manuscript Library. Photo/E. Hamm.

GHOSTING IN OCTOBER

The Spooky Way to Say Sayonara

By JAYLA HALL
Managing Editor

Halloween is here, but nothing is spookier than the year-round risk of getting ghosted. Ghosting refers to a social phenomenon in which an individual decides to completely cut contact – no calls, texts or any interaction – with another individual.

Ghosting mostly occurs in romantic relationships, but friends can ghost friends sometimes as well.

iPulse staff asked the Lynn student body about their thoughts and experiences with ghosting. This is what they had to say:

"I've ghosted someone because I didn't know how to tell them I wasn't interested without hurting their feelings," said Ashley Inoag, sophomore.

"I ghosted this guy one time," said Gaia Jacobs, senior. "Not even two weeks later I ran into him at a store and literally tried to run away."

"I would ghost someone if they creeped me out or to just outright avoid conflict," Howard Scott, junior.

"It's only okay to ghost someone if you've known them for less than a month," Bernardo Veggel, junior.

"I saw a picture that said that ghosting was the grown-up version of putting your fingers in your ears and going 'la-la-la I can't hear you'," Greg Lopez, sophomore.

THE G.O.A.T. DOES IT AGAIN

Biles Dominates in the World's Gymnastics Championship

By MARIA PAULA ACOSTA BELLO
Assistant Editor

Simone Biles recently won her fifth world title in the gymnastics World Championship hosted in Stuttgart, Germany from Oct. 4 – 13.

"Sometimes I wonder how I do it," admitted Biles after receiving her gold medal.

Biles won the world title, crushing her own personal records in the process and claiming the title of champion with the largest margin victory. Biles qualified for all four apparatus finals, earning the gold medal in the vault, floor and beam.

"It's not out of cockiness," said Biles to USA TODAY. "I've won five world titles and if I say, 'I'm the best gymnast there is,' (the reaction is) 'Oh, she's cocky. Look at her now.' No, the facts are literally on the paper. I think it's important to teach (young girls) that."

Biles is statistically the best gymnast history has ever seen, and currently no one compares in terms of skill nor talent. Biles stays motivated by pushing the limits of the sport and herself. In the world championship, Biles completed a triple-double on the floor exercise, and a double-double off the balance beam, making her the first person to ever complete such moves.

"2019 World Champion," tweeted USA Gymnastics after the women's fifth consecutive world championship win.

Not only was Biles successful in the championship, but the U.S. national team as a whole showcased their skills as well. The women's team won first place, with team member Sunisa Lee winning second place in floor exercise and third in bars. Jade Carrey, part of the winning team, won second place in vault, right behind Biles.

For more information on the USA Gymnastics National Team, follow the team's Instagram @usagym.



Above: Team USA training before competing in the world championships. Photo/ @simonebiles via Instagram.



Above: Biles at the podium ceremony after earning her fifth world title. Photo/ @simonebiles via Instagram.



Above: Biles finishing her floor routine during qualification. Photo/ @simonebiles via Instagram.

CHAOS AT THE TOWN CENTER

Panic Over Potential Gun Shots Turns Out to be Popped Balloon

By KATHRYN HUBBARD
Assistant Editor

Recently, the Town Center Mall in Boca Raton was placed on lockdown after shoppers allegedly heard what sounded like gunfire.

At about 3 p.m., the Boca Raton Police responded to several reports of shots fired in the mall's food court. The mall was placed on lockdown immediately, and the lockdown lasted seven hours. Apple employee and Lynn student Teddy Neer witnessed the chaos first-hand.

"We were locked up in two minutes," said Neer, senior. "We had over 100 people in the back of the store."

While shoppers were key eyewitnesses to the incident, Lynn students also witnessed the response on campus. Since Town Center Mall is

close in proximity to campus, students heard the distant wailing police sirens throughout the lockdown.

The Boca Raton Police Department determined that the loud noise was caused by a janitor who popped a balloon. Investigators at the mall discovered balloon remains on the floor in the food court. The investigation into the incident has since concluded, and no one was hurt or endangered.

"The janitor said that he popped the balloon," said the Boca Raton Police Department. "Detectives later found a popped balloon on the floor."

Since the event, extra officers have been assigned to monitor the mall in case of a legitimate threat. Town Center continues to operate during its normal business hours.



Above: Shoppers outside the Town Center. Photo/Stock Photo.



Above: A store in Town Center Mall on lockdown. Photo/W. Johansen.

SOUTH FLORIDA RAPPERS JOIN THE REVOLUTION

Performers Showcase Lyrics and Beats at Local Venue

By HAYLEY WESTBROOK
Staff Writer

Oct. 10 marked the Delray Arts Garage's tri-monthly Hip-Hop Revolution, a night of live performances by rappers, hip-hop dancers and graffiti artists from all over south Florida.

"Every expression of art represents a diversity of cultures and experiences. When we provide our community the opportunity and access to arts programming, we create a vehicle for transformation – for individuals, for communities and for the globe," states the Arts Garage about their vision.

Living up to their word, the venue's Hip-Hop Revolution brought together five rap artists, hip-hop dancers and live graffiti artists from across south Florida to share their art with the world. The event was hosted by Miramar, Fla. based rapper and recording artist Marnino Toussaint, and Kyle Holder of Smooth Bounce Entertainment was the DJ. Among those performing were ID Un4getable, Lacy, Jakaria, 1Legend and 1Hot, in order of appearance.

"There's been a lot of pressure in my life, but still I stand," remarked Delray's very own 1Legend prior to starting his first song of the night. "There's been a lot of disappointment in my life, but still I stand."

From its rise into the music scene in the 1970s, rap and hip-hop artists have commonly popularized rags-to-riches testimonies in the lyrics of their songs. However, this approach is often connected to aiding individuals in their process of getting out of bad situations, both mentally and physically, and into better ones through the implementation of positive imagery. It is no wonder why rappers, such as 1Legend who lost his daughter last year, view writing and performing

their music as a therapeutic release.

"It's hard to find people who are willing to take you seriously, but it's important to come out, work and perfect the performance," said Student Rapper Joebediah.

Many up-and-coming artists, including rappers and hip-hop musicians, share this sentiment. The road to fame, fortune and recognition is not an easy one. However, there are worse places to pursue rap as a career, with the likes of Denzel Curry, Kodak Black and XXXTentacion all hailing from south Florida.

The next Hip-Hop Revolution will happen on Jan. 9. To be considered, contact ethan@artsgarage.org. Participants must be 21+ only.



Above: Delray's Arts Garage offers a place to see art, live music, comedy, poetry and more. Photo/@arts_garage_delray IG.



Above: 1Legend states how rap has helped him overcome life's hardships. Photo/@csemg_legend IG.



Above: ID Un4getable, originally from Ohio, was the first act of the night. Photo/@id_un4getable IG.

GET TO KNOW LYNN ALUM VICTORIA DEAN ALVAREZ

Alvarez Sheds Light on her Career in the Communication Field

By KELLY MARMO
Copy Editor

Lynn alum Victoria Alvarez shares insight into what it is like to be a communications specialist and explains how Lynn best prepared her to become the individual she is today.

Originally from Pembroke Pines, Fla., Alvarez studied multimedia journalism and graduated from Lynn in 2017 as part of the 3.0 program. Following her undergraduate degree, Alvarez enrolled in the one-year graduate program and received her master's in communication and media practice in 2018. In just four years, Alvarez gained many different tools and experiences that prepared her for the world of communications.

"My experience at Lynn taught me how to be independent, how to be responsible, but most importantly, how to be authentic," said Alvarez. "I walked away from Lynn knowing exactly who I was and what I wanted from life."

As an undergraduate, Alvarez worked her way through the editorial chain of iPulse and became the editor-in-chief. Alvarez was also the club president for Relay for Life, a resident assistant, an intern for Athletic Communications and studied abroad twice. Alvarez received scholarships through the Center for Learning Abroad office which brought her to Seville, Spain and Rome.

"Being a part of the iPulse team felt like being part of a family," said Alvarez. "It wasn't just about the writing and the academics, it was about the community we were building."

During graduate school, Alvarez was chosen as a graduate assistant for the College of Communication and Design. Being a graduate assistant helped prepare Alvarez for her future endeavors, while also learning to

balance her career with the things that she loves to do.

"From an academic standpoint, I learned the tools and specialties I needed to be successful in my career choice today," said Alvarez. "The College of Communication and Design offered me so many versatile options on academics that I was able to get my hands on everything and get a sense of what I really wanted to do: something that is very unique to Lynn."

Alvarez stresses the importance of being professional, organized, timely and compartmentalizing in order to achieve her goals in her career as well as her hobbies. Alvarez finds that trial and error is unavoidable when first learning how to balance time between work and friends.

"I think it's important for everyone to find that one or two things that make them happy, makes them feel

good and strong," said Alvarez. "Having a passion for something outside of your career is all about what makes you happy."

Currently, Alvarez is the digital communications specialist in the Marketing and Communications department at Saint Andrew's School, located in Boca. Some tasks of this career include managing social media accounts, creating both written and digital content, and creating video and photography footage.

"I'm responsible for managing the school's social media accounts, creating written and digital content, producing video packages and taking photos," said Alvarez. "I also aid in the school's overall marketing and communications strategies and help monitor our analytics for social media and our website."



Above: Alvarez studying abroad in Rome while she was an undergraduate at Lynn. Photo/V. Alvarez.

Alvarez works with a team of specialists, who are constantly adapting to the changes of the communications field. While reaching everyday tasks and goals, Alvarez also aids the marketing team with both media and written content, such as writing articles for Saint Andrew's School.

"We are constantly having to change the way we do things and adapt to the 'next best thing' to stay with the online trends," said Alvarez. "This is both a pro and a con because it keeps me on my toes and allows me to always learn, but also never allows me to get too comfortable in the way something is done."

Alvarez sheds light on the field of communications by sharing her journey and encourages Lynn students to be open to new opportunities. Alvarez believes that a person should be knowledgeable in not just one component of communications, but in multiple ways. She encourages others to continue to learn new skills and trends of the online world of communication.



Above: Victoria Dean Alvarez at graduation in 2017 receiving her Bachelor's Degree in Multimedia Journalism. Photo/ V. Alvarez.



Above: Alvarez in 2018 with her family after receiving her Masters in Communication and Media Practice. Photo/ V. Alvarez.

FIGHTING KNIGHTS BEND THE KNEE

Game of Thrones State of the University Address

By MARISA MCGRADY
Editor-in-Chief

This Wednesday, Oct. 30, enjoy a “Game of Thrones” lunch in Mary’s Kitchen starting at 11 a.m. in celebration of the annual State of the University address taking place in the Wold Performing Arts Center at 1 p.m.

Each year, President Kevin M. Ross and other select members of the Lynn community gather together with Lynn students, faculty and staff to share exciting updates and announcements about the university in the most creative ways possible. For the 2018 State of the University address, the Lynn cabinet sported Avengers-themed costumes led by President Ross dressed as Captain America. This year,

the address will feature a “Game of Thrones” theme.

The State of the University address will share statistics on the largest incoming class in Lynn’s history, make a major announcement about a new university accolade, introduce two new technology partners, allow audience members to partake in a new interactive experience and announce riveting plans for the future of Lynn’s campus. State of the University is free to attend, and all those active in the Lynn community are encouraged to attend.

For more information about the State of the University address, visit lynn.edu/events.



Above: President Ross dressed as Captain America delivering his speech at Lynn’s 2018 State of the University. Photo/LU.



Above: President Ross occupied the Iron Throne as he waits to address the Lynn community at the upcoming State of the University event. Photo/LU.

"SHINRIN YOKU" TAKES ROOT IN THE U.S.

A New Wave of Therapy Makes Its Way into the Western Mainstream

By HAYLEY WESTBROOK
Staff Writer

Rooted in deep Japanese tradition, forest therapy is growing in popularity in the U.S., and the benefits are 'unbe-leaf-able'.

Forest therapy is a practice derived from a traditional Japanese therapy called "Shinrin Yoku," which roughly translates to "taking in the atmosphere of the forest" or "forest bathing." It was originally founded as a practice in the 1980s in Japan in order to promote forest conservation efforts. Since then, similar to the West's adoption of yoga and meditation, the practice of forest therapy has spread to the U.S.

"It doesn't surprise me," said Professor Mark Luttio, a self-acclaimed 'American body with a Japanese soul.' "Just like karaoke, sushi, anime and everything else from Japan, it eventually finds its way over here."

As concern for the environment rises, demonstrated by last month's global climate strikes, the regard for natural spaces through forest therapy seems to follow suit, and the justifications are plentiful. There are numerous studies identifying the benefits forest therapy presents, including decreased stress levels, improved sleep and even increased immune system. It makes sense why such a high regard for these therapies exists in Japan.

"Nature plays a huge role in the life of the Japanese," said Luttio. "There is a keen sense that living in harmony with nature will bring harmony in one's own life."

Practicing forest therapy involves extended exposure (about two hours) in a natural environment, like a forest or reserve, as far removed from the noise and distractions of city life as possible. It is then recommended, in a rather meditative way, to slow

down one's breathing, to employ the five senses to stay present and to fully immerse oneself in the surroundings of the forest. Fern Forest Nature Center in Coconut Creek, and The Morikami Museum and Japanese Gardens in Delray are some great places to try forest therapy for the first time.

"I take students to Japan every year, and it's so eye-opening for them," said Luttio, who leads a trip to Japan for the Language and Culture January Term, where students are able to partake in an authentic forest therapy experience for themselves. Contact the Center for Learning Abroad (cla@lynn.edu) or Luttio (mluttio@lynn.edu) for more information.



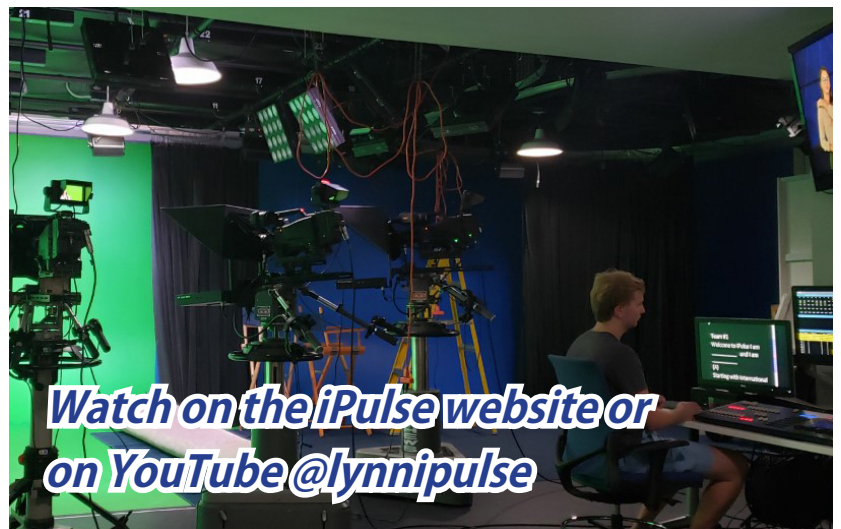
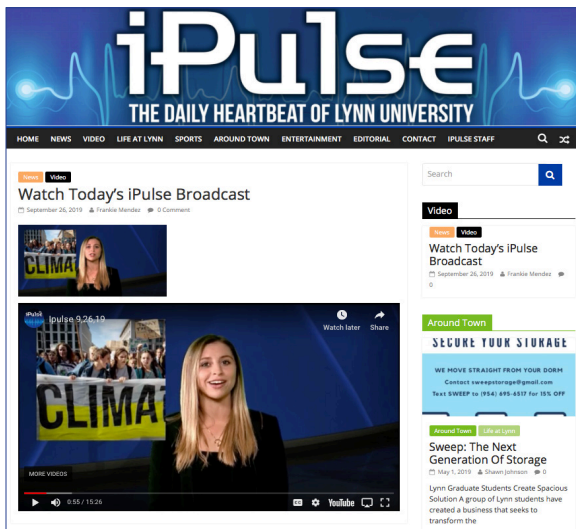
Above: Mark Luttio, born and raised in Japan, shares his thoughts about Japanese forest therapy and its growing popularity in the U.S. Photo/LU.



Above: Those curious about forest therapy can head to Fern Forest Nature to try it for themselves. Photo/H. Westbrook.



Above: Students from the 2019 J-term to Japan basking in the after effects of Shinrin Yoku. Photo/M. Luttio.



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